THE SATURDAY EVENING POST

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The Christmas Hunt

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THE CHRYSLER E CLASS

*Whichever comes first. Plans are limited warranties. A deductible may be required. **Use EPA est. mpg. for comparison. Actual mileage may vary depending on speed, trip len

Chrysler's largest front-wheel drive sedans

Chrysler has done it again. For 1983, we've engineered a whole new class of cars—The Chrysler E Class. The E Class Sedan, the New Yorker, available in January, and the Executive Sedan, the only front-wheel drive seven-passenger sedan made in America, available for order this spring.

Even full size cars don't combine the Chrysler E Class sedan's six-passenger room, high gas mileage, advanced front-wheel drive, and electronic luxury.

The Chrysler E Class sedan is the roomiest, front-wheel drive, high gas mileage six-passenger sedan in America. And just as importantly, the E Class sedan is a car that is pure driving luxury. You will experience a road hugging ride. A ride that quiet and smooth. Yet the E sedan offers even more than all thi It offers electronic luxury.

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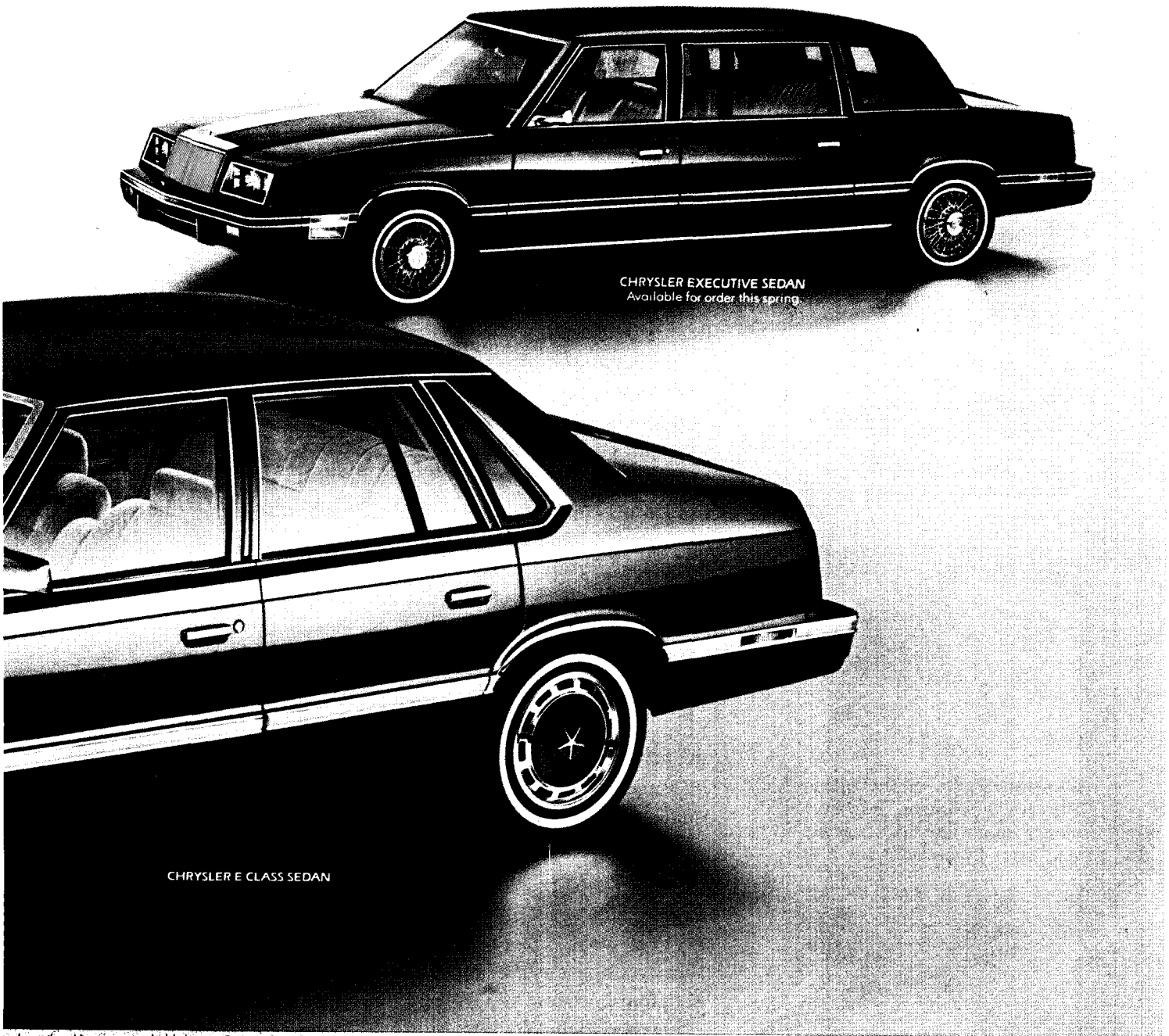

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with room for 5, 6, even 7 passengers.

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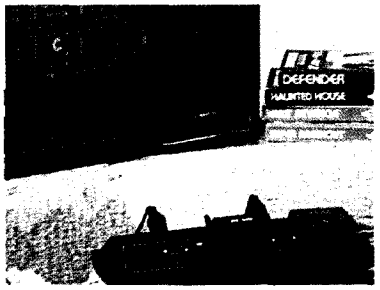

The Games People Play—are now showing up on their television screens, the fastest-growing hobby in the world. **42**

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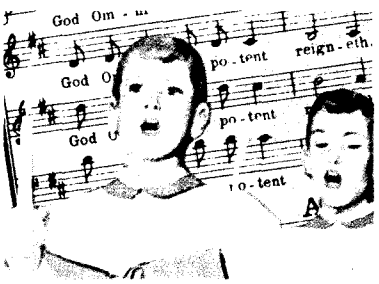

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THE SATURDAY EVENING POST

FOUNDED A.D. 1728

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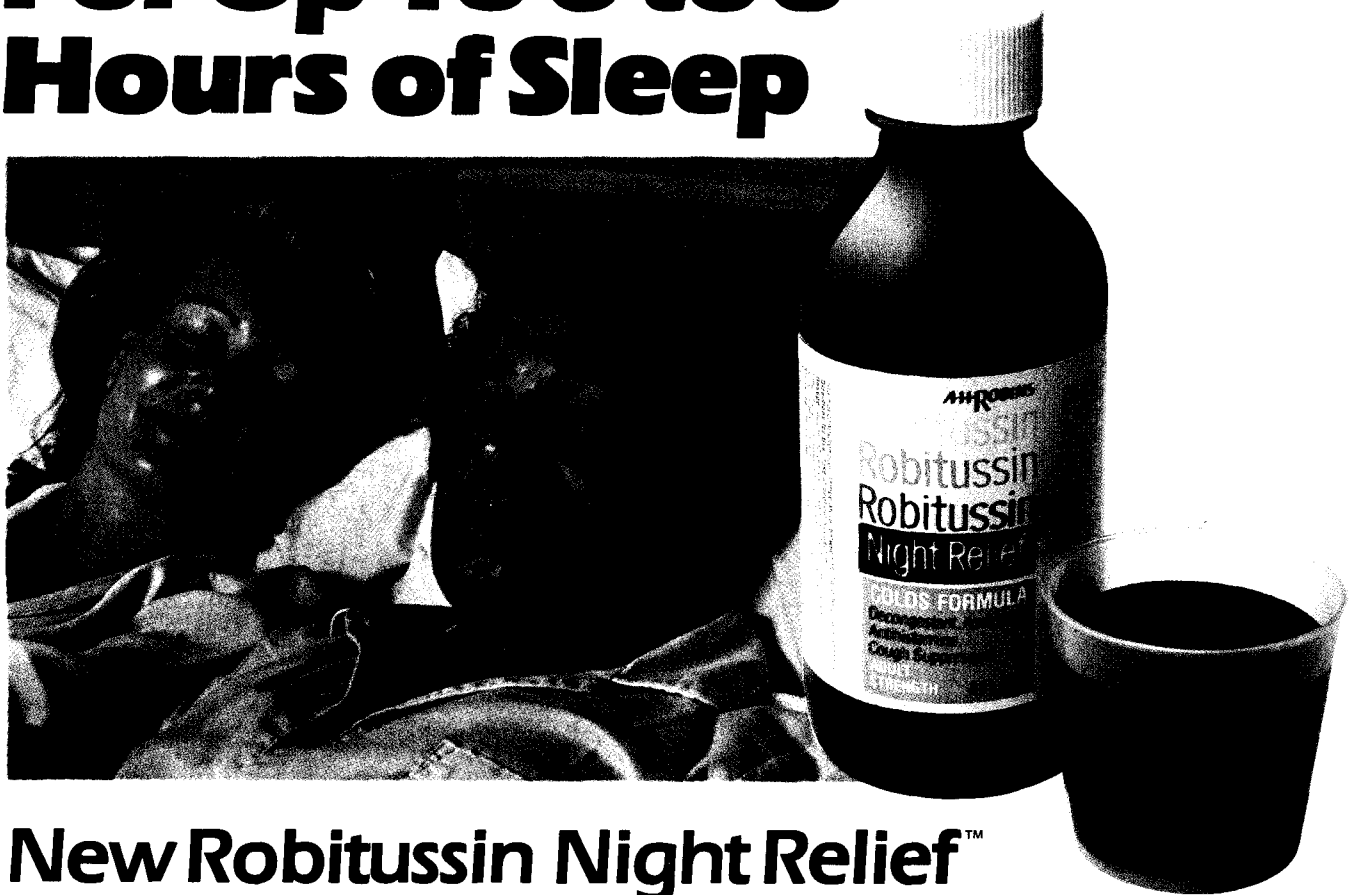
Responsible Relief of Nighttime Cold Miseries For Up To 6 to 8 Hours of Sleep



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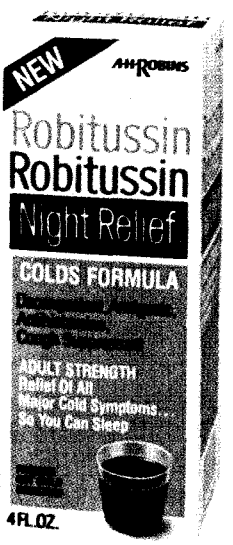

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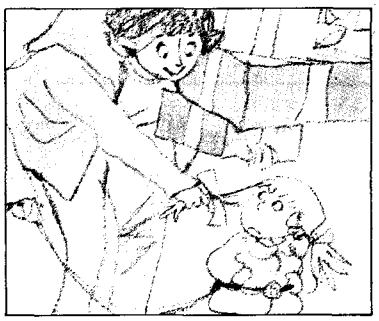
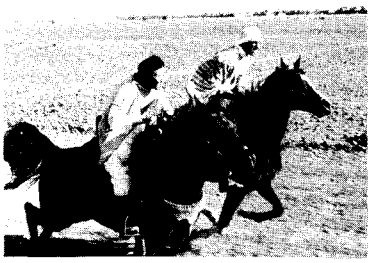


Yuletide Shoppers' Humor—'Tis the season, which each person, regardless of creed, observes by going to the mall of his choice. **48**



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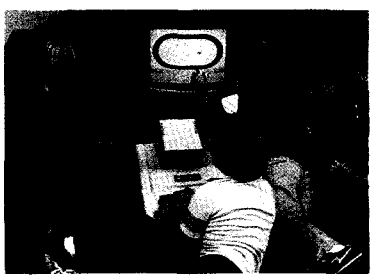

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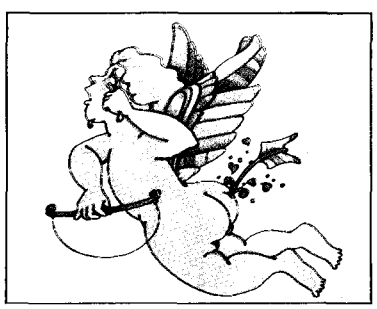

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Letters

More Fiction, Please!

Why has the *Post* virtually abandoned fiction? I remember with such great pleasure the great stories, short and condensed, which once filled many pages of the *Post*. I, for one, send in my request that you go back to that procedure. Surely, there are good authors available nowadays, or, perhaps, even better, republish!

Winston Folk
Old Lyme, Connecticut

We've apparently run out of short story and serial writers. The occasional ones you come up with are not that bad, but couldn't you go back like Ann Landers and rerun some of your golden oldies—such classics as Tugboat Annie, Colin Glencannon, Hornblower and those Earthworm dandies, to name just a very few? Say, one an issue? Those old gems are the ones that set the *Post* apart from *Collier's, Liberty* and the other competitors for our nickel (did I say nickel? Yes, I did). Hopefully we will be visiting soon with Glencannon and Tugboat Annie.

H.D. Rossiter, M.D.
Sheridan, Montana

Lemon of an Idea

I enjoyed the article by Frederic A. Birmingham on "Potatoes," in your October issue.

Maybe your readers would be interested to know that lemon juice (fresh, of course) is great on a baked potato! I never use anything else. It enhances the potato flavor and adds no calories.

Mrs. Irene Ross
San Diego, California

The Individual Patti Davis

Your article on Patti Davis was truly refreshing. It's nice to read a positive article on a president's child rather than the usual attack, and especially in light of such presidential family failures as Billy Carter.

But it's hard to put down Patti Davis who, as Ronald Reagan's daughter, has managed to retain her individuality. She seems to be a healthy, vibrant individual who is

continued on page 8

EDITORIAL
Cory SerVaas, M.D., *Editor and Publisher*
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THE WAYS.

This Christmas, let there be jingling all throughout the house!

Give someone special one of our very special gifts. A genuine Bell phone that'll say Season's Greetings for seasons to come!

Come to your nearest Bell PhoneCenter and see all of our Christmas Bells. We've got a unique gift idea for everyone on your list!

IT'S INGENIOUS.
IT'S GENUINE BELL.

Genuine Bell

GIVE GENUINE BELL.

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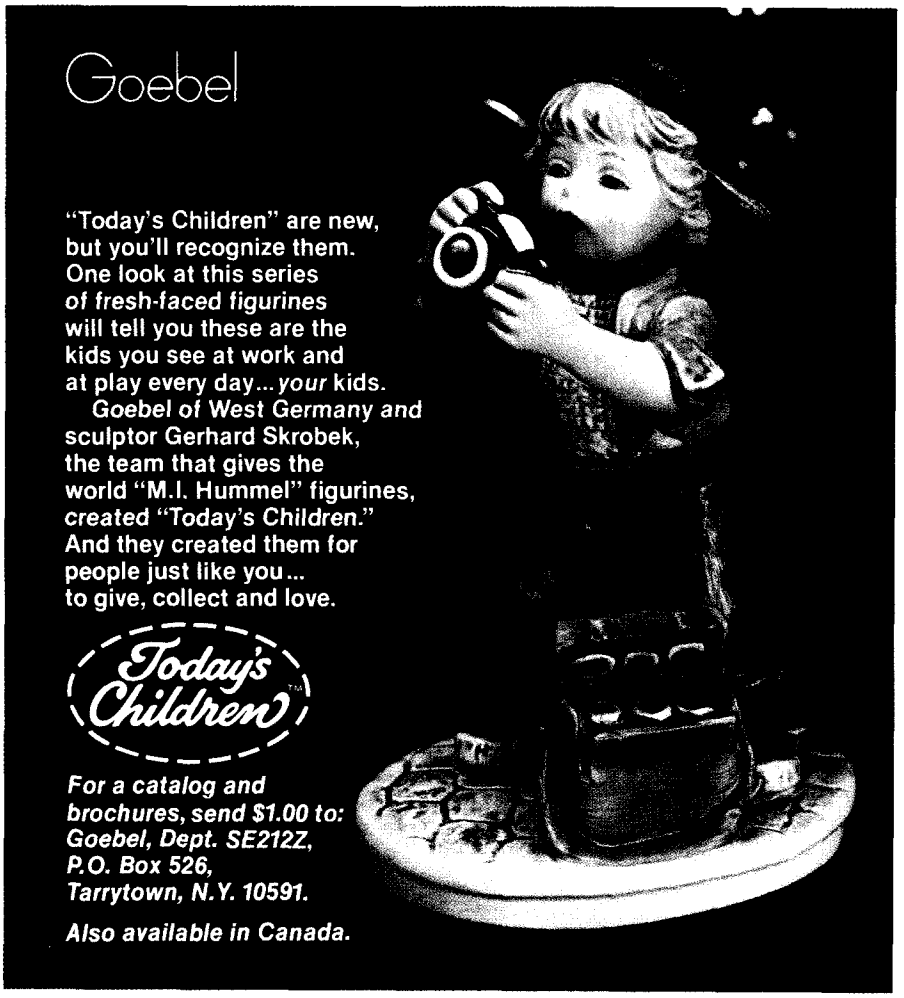
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"Today's Children" are new, but you'll recognize them. One look at this series of fresh-faced figurines will tell you these are the kids you see at work and at play every day... your kids.
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Also available in Canada.

not afraid to speak her mind, even while in the country's spotlight and sometimes opposing her father's policies.

I applaud Patti Davis for her choice of a committment to her acting career. I know that I wouldn't want to change positions with her as the president's daughter and try to remain just another person making it on my own.

Patti Davis is making the best of her situation and is not one to gripe. She's already shown her acting talents, and I think she's going to make it. And I'll bet there's a former actor, now in the White House, who's one proud father.

Naomi Kurtz
Sherman Oaks, California

Demon Rumor

I was *shocked* by the rumor spread about Procter & Gamble (October '82 issue). I have a few questions for my fellow Christians.

What is devilish about 13 stars? Jesus picked 12 apostles, and that plus himself made 13.

If the man in the picture is Satan, where is the evil look and *horns*?

If the curlicues in the beard make up the number 666 in a mirror, why wasn't it also noted that the curlicues in the upper hair make the number 999?

I am a Christian, and one of the laws God gave to Christians is "Thou shalt not bear false witness against thy neighbor."

I'm sure God meant for that to apply to corporations, too.

Kittie Crossen
Rhinelander, Wisconsin

Crib Death Solution?

Since I have known about Infant Crib Death, the only article that I have read is that of *The Saturday Evening Post,* July/August 1982.

I believe the cause and prevention are simple, but how will I know that if I tell you, I will get the credit?

Oral P. Small
Charlestown, Indiana

Unfair to Gays?

As a husband-wife physician team, we especially appreciate the *Post* because of the timely information concerning good health that is regularly included in the magazine.

However, we were a bit disturbed by Barry Vinocur's article in the October 1982 issue entitled "Being Gay Is a Health Hazard."

In this same issue, you have a fine article that brings the problem of herpes into clearer focus. Public concern about herpes revolves around its proliferation through sexual encounter, and yet the *Post* is able to remain objective and nonjudgmental regarding this sickness.

We encounter a variety of persons of various sexual persuasions in our practice and, being Christians ourselves, neither encourage nor condone promiscuity of any sort. However, we would find it not only unprofessional but unethical to suggest to our homosexual patients that the fact of their sexual orientation is a hazard to their health, particularly since we know that many of them (like so many homosexuals) freely abstain from sexual activity.

Therefore, in the interest of fairness, we would suggest that the title of the article be re-worded *"Gay Sexual Activity* Is a Health Hazard." It is evident that there are certain health risks involved in any mode of promiscuity; we feel professionally that it is unjust to focus negatively on one group with dubious and misleading half-truths.

Allen David, M.D.
Cindy David, M.D.
Cleveland, Ohio

I was appalled by your choice of wording in the title of your present article "Being Gay Is a Health Hazard" (October '82).

There are many diseases that are only prevalent among certain groups of the population. Blacks are prone to sickle-cell anemia, women to Lupus. Is being in one of these groups also a health hazard? Heart disease is running rampant among the population in general, so is being straight a health hazard?

Not taking care of one's body, through sound nutritional habits, exercise and proper rest is a health hazard. To label one group of people as unhealthy because of their sexuality is ridiculous and prejudicial (recent reports show that other groups in the population are also getting the so-called "gay diseases"). I think you owe millions of gay Americans an apology.

David V. Meunier
Houston, Texas

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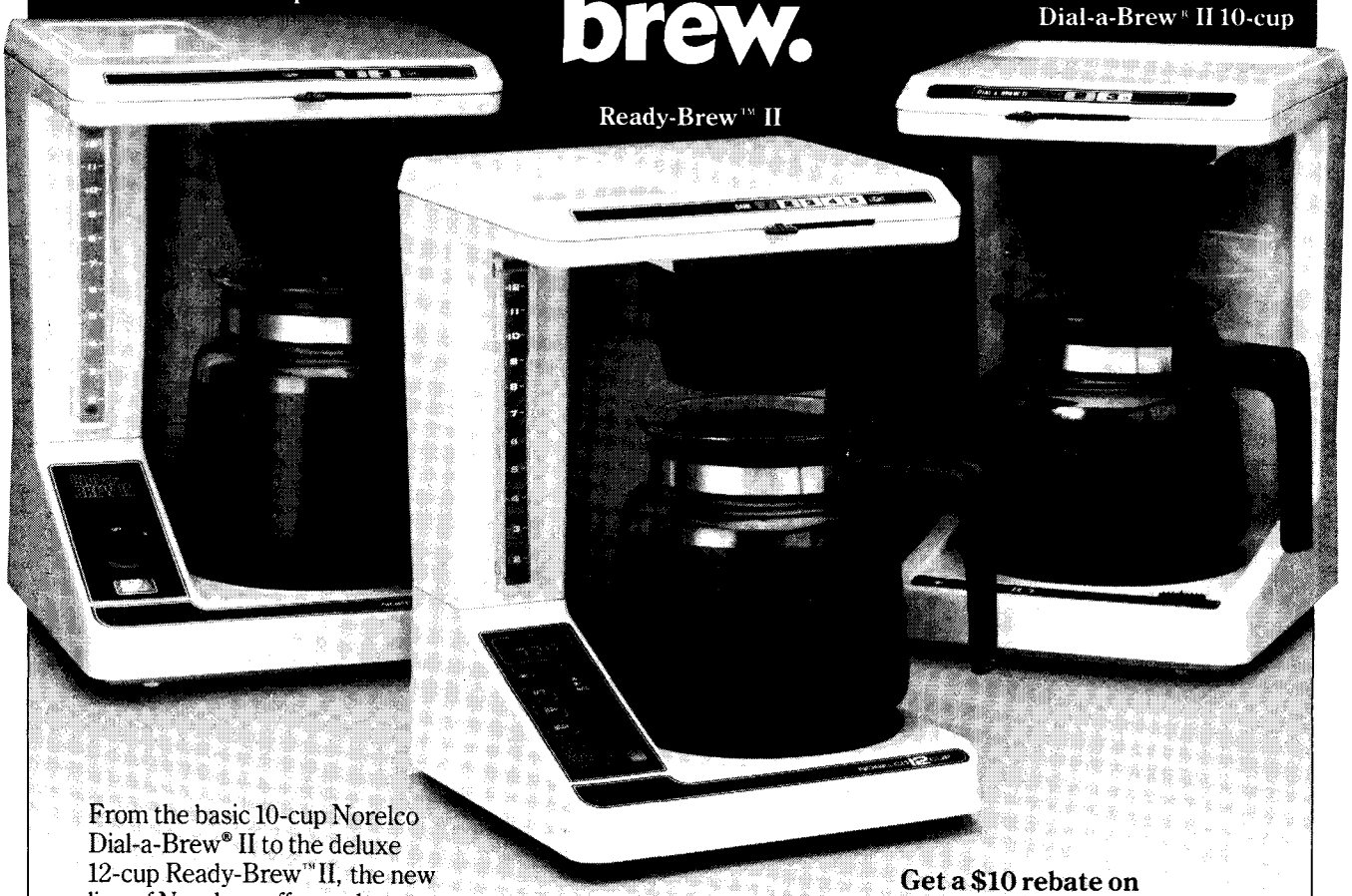
The better the brewing system the better the brew.



From the basic 10-cup Norelco Dial-a-Brew® II to the deluxe 12-cup Ready-Brew™ II, the new line of Norelco coffee makers has the features you want for the coffee you love. When you compare Norelco to other coffee makers, you'll *choose* Norelco.

1. Dual heat control system
For coffee that's brewed hot... and kept hot for hours.

2. Water window
No more guesswork. You can actually see how many cups you're brewing.

3. Showerhead
It wets *all* the grounds for full coffee taste, less coffee waste.

4. Nonstick keep-hot plate
Easy to clean, even after hours of continuous use.

5. Flavor control
Norelco lets you brew your coffee to suit your individual taste: choose light, medium or dark.

6. On/Off light
Highly visible light lets you know your coffee is ready.

7. 24-hour clock/timer
Quartz digital clock keeps perfect time, helps you make perfect coffee. It starts to brew when you tell it to.

Get a $10 rebate on Ready-Brew™ II, $7 on Dial-a-Brew® II 12-cup, and $5 on Dial-a-Brew® II 10-cup. Offer good now through December 31, 1982.

Norelco

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Look for Norelco cupcake-type filters.

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YULE LAUGH

"Christmas? Darn, my watch must have stopped again!"

"Yours is one of the few remaining untarnished reputations."

"Maybe tomorrow. Come watch TV. You won't believe the reception!"

"Can I help it if I hate it?"

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1983 FORD *LTD* CROWN VICTORIA

IT'S A COMFORT TO KNOW YOU CAN STILL OWN THIS MUCH CAR.

Crown Victoria for 1983. Quiet. Smooth riding. Full size. With comfort and luxury for six passengers. Standard this year is a 5.0 liter fuel injected engine with automatic overdrive transmission. Rich velour fabrics, thick carpeting and warm woodtones create a quiet place for you to relax. While a solid steel frame and remarkable sound insulation make it clear you're riding in a truly fine automobile.

LTD Crown Victoria for 1983. In two- and four-door models. It's so rewarding to own one. Isn't it nice to know you still can?

Get it together–Buckle up.

HAVE YOU DRIVEN A FORD...LATELY?

Ford

FORD DIVISION

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Post People

Among ***Dr. Richard Furman's*** major accomplishments is the advancement of World Medical Missions, which he founded. ***Franklin Graham***, president and chairman of the board, recruits doctors and surveys hospital sites for the program. In addition to his own medical practice and frequent volunteer mission work, Dr. Furman is also an author. His most recent book, *To Be a Surgeon,* is "intriguing, amazing, challenging and inspiring," says ***Billy Graham***, "and should be read by everyone."

With his son ***Fraser*** as codirector and author, ***Charlton Heston*** is starring in and directing the film *Mother Lode*. Off the set, he spends his "spare time" working for the government, accepting various speaking engagements for the World Cultural Affairs Committee.

The bubbles were bursting again for ***Moya Lear***. But this time, they were bubbles of champagne, bursting in celebration of the first successful flight of the Lear Fan 2100.

"Finish it, Mommy, finish it," ***William Lear*** had said on his

deathbed. And now, nearly three years and many tears after her husband's death, surviving many an obstacle that would have crash-landed a woman of lesser courage and stamina, finish it she has.

Production of this revolutionary aircraft will begin late next year.

"I'm shooting for 25 percent of the world's market for business turbojets by 1984," says Moya Lear. And no one in the business is taking bets that she won't get it.

U.N. Ambassador Jeane Kirkpatrick is fed up with the U.S. being pushed around by befriended but unfriendly nations. Calling the situation "miserable," she means to fight back. When confronted with

Holly Coors

the Chinese proverb, "A dog shouldn't fight with a chicken," she responds, "But, what if there are 90 chickens all picking on one dog?"

Dr. Francis Schaeffer, author of 22 books with U.S. sales of more than 2.5 million copies, with wife ***Edith***, whose eight books have boasted sales of one million copies. His new book, *The Christian Manifesto*, already with sales of 250,000, promises to be another top seller

that never makes the published best-seller lists. Their son ***Franky*** is going public on national TV with his case against the so-called "best-seller" lists that have mysteriously deleted his father's best-selling books. Franky's new book is appropriately titled *A Time For Anger.*

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Now and them.

Competitive brand tar levels reflect the lower of either FTC method or Dec. '81 FTC Report.

SOFT PACK 100's FILTER, MENTHOL: 2 mg. "tar", 0.2 mg. nicotine av. per cigarette by FTC method.

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NOW The Lowest

The lowest in tar of all brands.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

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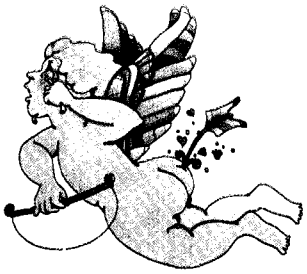
HERPES UPDATE IV



"My doctor said it is very likely that, given its location, I got it (herpes) from a toilet seat. A cliche? Maybe. But what other explanation could there be?"—a Post *reader.*

The following letter from a reader has a certain urgency about it.

Dear Dr. SerVaas:

I would like to know how safe it is to take L-lysine during pregnancy. My maintenance dose is 1,000 to 1,500 mg per day, and I am planning on conceiving soon. Do you feel it is okay to continue this dosage? I really don't want to risk having an outbreak close to delivery, as I would like to have a natural birth, not Caesarean.

Physicians "run scared" when they are asked to approve any kind of medication or food supplement during the first few weeks of pregnancy. The first weeks, before the individual knows she is pregnant, is the period when many serious birth defects can occur. This is when drinking is particularly dangerous.

Those wishing to become pregnant would be well advised to check with the obstetrician/gynecologist who will be taking care of them, and even with a geneticist, if they wanted to be doubly sure they had done everything they could to avoid having a child with a birth defect.

To answer this letter, we can say that few doctors would want to take even the slightest chance in telling a woman that he "knew it would be safe" for her to take lysine. What if she had a birth-defective child for any number of other reasons?

A good diet very high in lysine and very low in arginine could probably keep her safe during that period and then her own physician might well want to recommend lysine later. Six months into pregnancy would be plenty of time to avoid a flare-up during the time of delivery. Within six month's time, hopefully, much more will be known about the safety of lysine during early pregnancy with more case histories available.

We can refer this reader back to the first lysine article in our series. Dr. Richard Griffith, noted lysine researcher, pointed out that his own daughter repeatedly had facial herpes. "In high school, she was plagued with 'zitlike' breakouts that occurred in stress, and we had used all sorts of treaments in her case. And then lysine came along, and that was my first case. When she stopped using lysine, she started getting the lesions around her chin again. So she is still taking it almost continually, and the side effect she had was that her last child turned out to be twins. So," he said, amused, "I have to caution people about taking lysine during pregnancy because they might wind up having twins."

The *Post* would, of course, like to hear from any women who have taken lysine thoughout their pregnancies and how much.

As more physicians are prescribing L-lysine and more people are trying it on their own, we would like to hear from our readers. DOES IT WORK FOR YOU?

At the time of our first survey in the July/August *Post*, only 34 percent of respondents had observed a low-arginine diet while taking L-lysine. Now that large numbers of you (over 1,000 responded) have by now had some experience with lysine combining the low-arginine diet, we would like to hear from you as to whether you had one more attack, as seems to frequently be the case, and then no more activity. If you had *more* than one more attack, we would like to know about that. Of those observing a low-arginine diet while taking L-lysine, in our survey, we found only 12 percent

continued on page 92

Help Prevent Herpes Reader Survey

1. Have you taken L-lysine with a low-arginine diet? Yes _____ No _____
2. How many mg per day did you take and for how long? _____
3. Did you have one recurrence after taking lysine? _____
   no recurrence? _____ more than one recurrence? _____
   If you had a recurrence, how soon after you started the lysine/low-arginine program did it occur? _____
4. How long had you had herpes before you started the lysine/low-arginine treatment? _____
5. What other treatment have you tried for herpes? _____
   _____
   Did these treatments lessen pain? Yes _____ No _____
   Did these treatments prevent recurrences? Yes _____ No _____
6. Have you ever taken L-lysine during pregnancy? Yes _____ No _____
   If yes, during which trimesters and how much L-lysine did you take a day?
   _____
   Was your infant free of birth defects? Yes _____ No _____
7. I would like to receive reprints of four previous articles on herpes that have appeared in the *Post* along with a subscription to the herpes quarterly newsletter. I enclose a $10 donation to the Medical Education & Research Foundation. Yes _____ No _____ (Mail to: Help Prevent Herpes Readers Survey, 1100 Waterway Blvd., Indianapolis, IN 46202).

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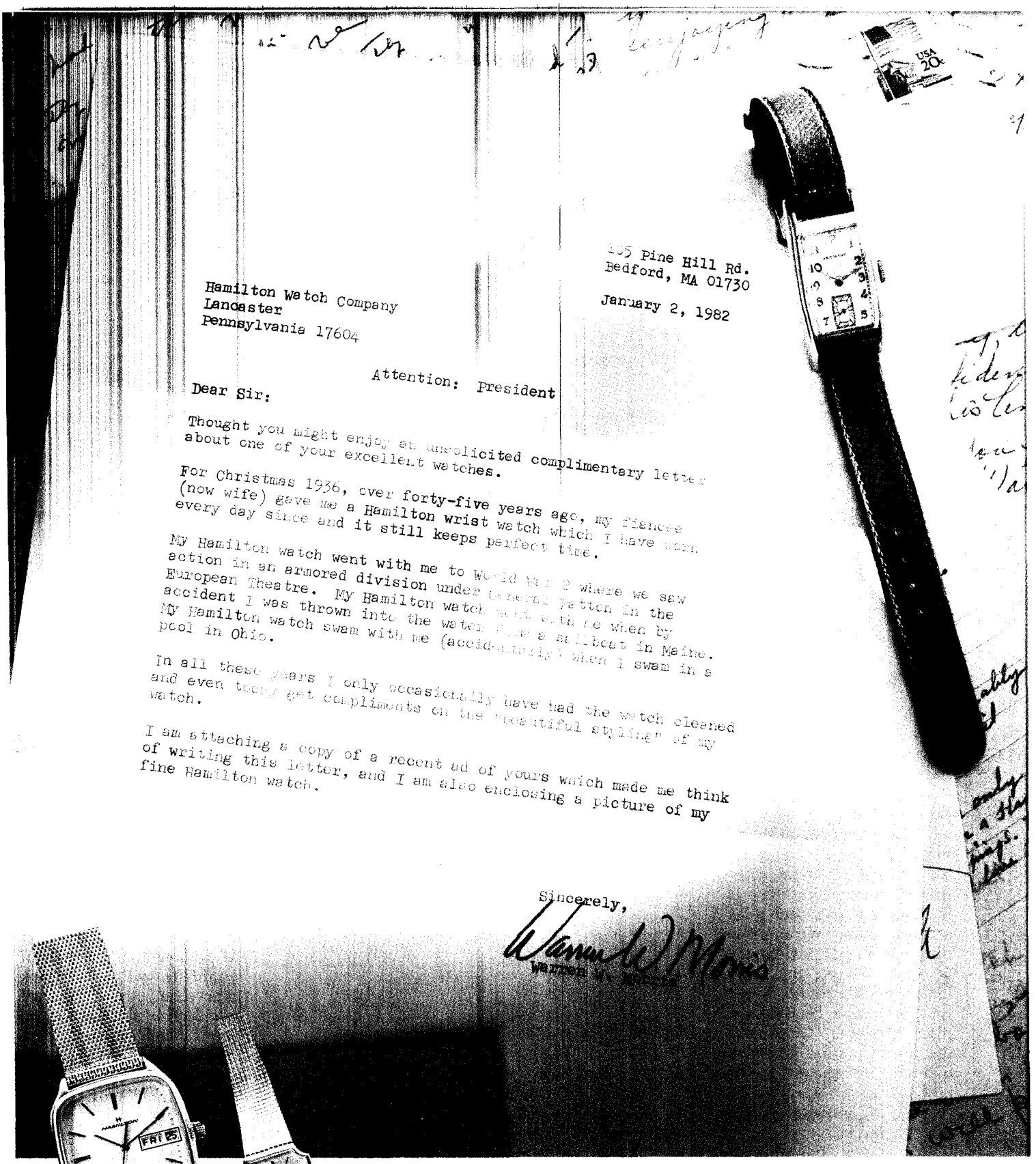

105 Pine Hill Rd.
Bedford, MA 01730

January 2, 1982

Hamilton Watch Company
Lancaster
Pennsylvania 17604

Attention: President

Dear Sir:

Thought you might enjoy an unsolicited complimentary letter about one of your excellent watches.

For Christmas 1936, over forty-five years ago, my fiancee (now wife) gave me a Hamilton wrist watch which I have worn every day since and it still keeps perfect time.

My Hamilton watch went with me to World War 2 where we saw action in an armored division under General Patton in the European Theatre. My Hamilton watch went with me when by accident I was thrown into the water from a sailboat in Maine. My Hamilton watch swam with me (accidentally) when I swam in a pool in Ohio.

In all these years I only occasionally have had the watch cleaned and even today get compliments on the "beautiful styling" of my watch.

I am attaching a copy of a recent ad of yours which made me think of writing this letter, and I am also enclosing a picture of my fine Hamilton watch.

Sincerely,

Warren W. Morris

Our fan club started 90 years ago.

Warren Morris joined in 1936. You can join today.
See the Hamilton 90th Anniversary Collection.
For dealer information write:

HAMILTON WATCH COMPANY, LANCASTER, PA 17604
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An American Tradition Since 1892

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SLIPPING AWAY ON A PAIR OF SKATES

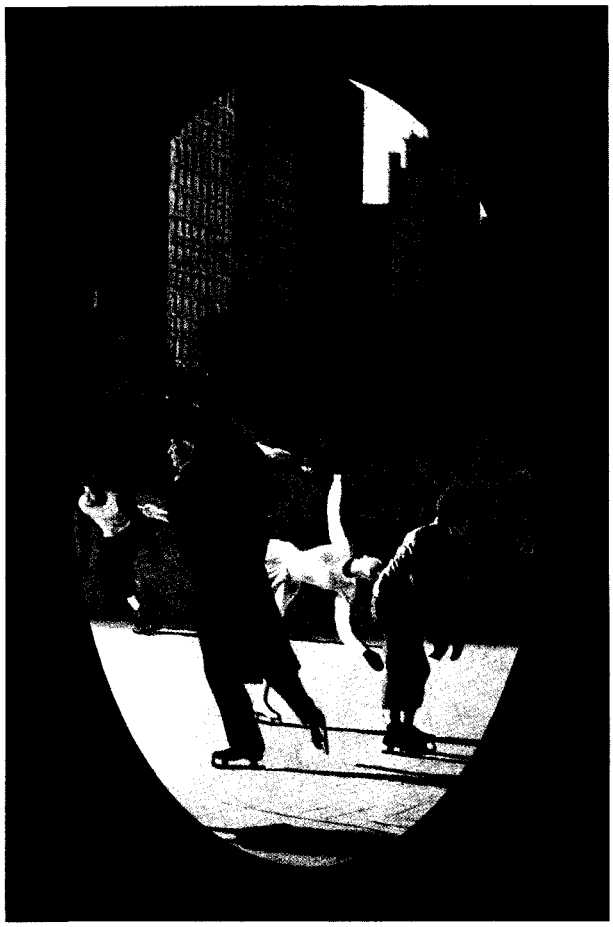
"Tension, worries, everyday cares are left behind. . .and suddenly you are free of all shackles, skimming along."

by Frederic A. Birmingham

Editor's Note: I like to think Fred skated his way right to heaven. He was a free spirit, a mischievous choirboy from St. John's Episcopal Church who has, this fall, gone to his reward. Heaven will be a happier place with Fred there. He'll enliven the scene, for he was a joy on earth. His wife, Franny, kept her joy "on a very loose leash." Her eyes twinkled when she told us so one deliriously happy night filled with laughter and fine dining with Manhattan's most brilliant restaurateur.

If Fred had class, he was also all heart. He loved us all. I'll never forget how moved he was the morning we spent at Montreat with Billy Graham; that day I learned of Fred's deep and abiding faith. We'll miss him, but it's not possible to be sad when we think of him. For his joyful farewell, we chose his skating piece from the '70s which epitomizes the *joie de vivre* of Fred Birmingham. He taught us how to live, and we know he's skating off somewhere right now with his father.

He was a city boy who fell in love with the country. As he never forgot skating, we will never forget him.
—*C.S.*



Skating on ice just has to be the most carefree sport of them all. If you have never skated, it is difficult to imagine the release that comes to you out there on the ice. Tension, worries, everyday cares slip away.

Suddenly, you are free of all shackles, skimming along many times faster than the world's fleetest sprint champion, and every little push sends you faster and faster. The cool wind brushes your face. The scenery blurs into a modern painting. You are literally out of this world and into another which has captured the secret of making you forget your troubles.

But that is only the first of three delights ice skating has to offer. Skating is also an adventure of place. This small miracle of the ice is open to all. It takes only a small pond, some brisk weather, a pair of skates with the edges as keen as steak knives, and the winter world is yours.

Find your favorite pond, and make sure it's a lovely one, edged by wooded slopes and with a glimpse of hills beyond and farmhouses dotting the scene. But then find others, too. Vary the scene when you go skating and try to make at least two stops—and more if you can. And save an hour or so every week to go and look for other places or talk to youngsters who know the secrets of each neighborhood.

And then, begin to discover the third delight of ice skating. And that is how the sights and sounds of the sport will never leave you while you live. Every winter afternoon for the rest of your life will bring back marvelous memories of wonderful afternoons on the ice and raise your appetite for more.

I couldn't help thinking of this recently when I went to Randolph Center, Vermont, to visit some old friends and, of course, to find some out-of-the-way nook in that lovely state for a turn on the ice.

On this particular day, the scene was taken over by youth in its prime. I was watching the students of Vermont Technical College, who had cleared the ice on an outdoor basketball court with a tractor and were winging about on their blades as if born to this kind of locomo-

continued on following page

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Zinc is a Mineral "More Precious Than Gold" For Your Good Health

The scale holds an ounce of gold, the fingers hold an ounce of Zinc. Which is more valuable?

For active people Zinc is "more precious than gold" for good health. It's an essential mineral for the formation of red blood cells . . . for repair of body tissue . . . and for normal growth of skin and bones.

To be sure your body is getting all the Zinc you should have, take Z-BEC®/a vitamin formula that's rich in Zinc.

Z-BEC is also fortified with 6 B-Complex vitamins and vitamin C—water-soluble vitamins your body can't store . . . plus vitamin E.

If you're not getting enough Zinc or vitamins in the food you eat, get Z-BEC. It's rich in Zinc—"more precious than gold" for your good health. Ask for Z-BEC at your favorite pharmacy or drug counter.

Z-BEC® IS RICH IN ZINC

Zinc is an essential mineral that plays an important role in the healing of wounds and burns. This Zinc requirement may increase even more if you indulge yourself in alcoholic drinks.

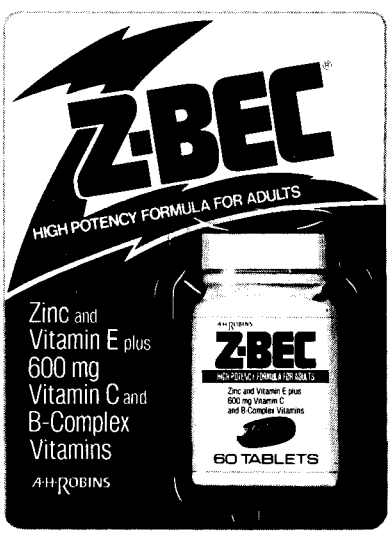
Even certain eating habits, such as special diets—particularly high fiber diets—may strip your body of Zinc. Z-BEC helps replenish your system with the Zinc it should have.

RICH IN 6 B-COMPLEX VITAMINS & VITAMIN C

The B-Complex and C vitamins you take today probably won't do anything for you tomorrow. Because they're water-soluble . . . and are eliminated daily. These essential vitamins must be replaced every day. The Z-BEC formula provides your body with 6 B-Complex vitamins and enough vitamin C to meet or exceed your normal needs.

BALANCED WITH VITAMIN E.

Evidence that vitamin E is a significant factor in helping to sustain good health keeps mounting. Vitamin E is important in helping to maintain the strength of red blood cells. And it helps release energy from the carbohydrates and fats in the food you eat. The vitamin E content of Z-BEC surpasses the U.S. recommended daily allowance.



A·H·ROBINS
Consumer Products Division
Richmond, Virginia 23230

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tion, which in a sense, all Vermonters are.

The sounds of rock music, rising from a dozen portable radios, dated the moment in the '70s, but (how they would hate me for suggesting it!) the laughing boys and girls, long-haired and self-consciously Edwardian in their mod styles, suggested nothing more than a scene a hundred years ago under those very same stars.

I said as much to one of my dearest friends, a born Vermonter whose family line goes back to the American Indian. She is Mrs. Emilie Grow Steele, a lady in her 90s, but one of the youngest people I know. Her black eyes sparkled, and she laughed her still-girlish laugh.

Mrs. Steele told me of the skating ritual of her days in Springfield, Vermont, when she attended the Eureka School as a member of the class of '89, when all the world was young. I wish you could have seen her dancing eyes and have met the girl still so very much a part of her, as this lady told how they skated at Eureka in those days. Next door to the school was Hubbard Pond, owned by the family of that name who supplied over half the students at the school. In winter, the several Hubbard boys kept the pond shoveled, and all the scholars flocked there every recess and lunch hour to skate. The girls, it seemed, weren't attracted to the skating as such, but *loved* having the boys take over the masculine duties of adjusting their skates. At nearby Spencer Hollow, there was a larger pond which offered romantic evening skating parties. While you rested from skating, you tended the huge bonfire and watched the shadows cast by its light—figures of misshapen skating giants crossing the screen of pine trees at the pond's edge.

I, in turn, told my companion of Cooperstown, New York, where the girl I eventually married used to sneak away from the boring security of the tennis-court skating rink provided by her finishing school and meet me at James Fenimore Cooper's favorite lake; and I would propel her across the ice in an armchair built on runners, a princess amused by her serf. I mentioned the lovely little pond on the outskirts of Pleasantville, New York, perhaps the most charming skating spot in the whole area, recently obliterated by what is blandly termed progress—meaning that some giant pipeline had to go through that irreplaceable spot.

But mostly I shared a winter's adventure with Mrs. Steele close to the top of Mt. Washington, New Hampshire's highest peak, because I knew that she, too, had climbed it many times in the past. Once again, I was skating there, on the Lake of the Clouds, as I did every year as a youth just before the blizzards covered the mountain too deep in snow even for skiing. And once again the great canyons were thousands of feet below me, the Great Gulf, the Lion's Head rockwall and Tuckerman and Huntingdon ravines. *S-s-s-s-s-s-k* went our skates, and the sun (or the moonlight if we were really lucky) showered down over a view enough to last for one boy's lifetime.

"He does that every time we go downhill."

To the east, the Atlantic Ocean —the waves glittering at me from nearly 100 miles away, where Champlain first looked from the deck of his ship and saw these snow-topped mountains and called them White. To the west, the long Green Mountains and the myriad lakes of Vermont and New York's rugged Adirondack peaks beyond. And southward, the hills and valleys of Massachusetts and Connecticut.

And above it all, a boy cutting figure eights on the ice, with the whole shining world at his feet!

And when did it all begin? Thousands of years ago with the first halting attempts of a Norseman to propel himself along the ice with sticks, his feet on skates made of bone. The historian Fitz-Stephen notes that even in the 12th century kids would propel themselves with pointed staves "with as great rapidity as a bird flying or a bolt discharged from a crossbow."

The Scandinavians and Dutch both claim they were the first to make the most of their cold winters by perfecting some form of locomotion on ice. But at least the word "skate" comes from the Dutch "*schaats*," so perhaps they have the last word. And those of us who admire the immortal paintings of Brueghel, the 16th-century Flemish master, will recall that always in his fascinating winter scenes are the muffled and lumpy figures of his peasants disporting themselves on the ice or carrying home bundles of faggots for the hearth.

Back in the mid-1800s, as many as 20,000 New Yorkers would gather in Central Park on a single evening. When the horse cars and omnibuses flew the flag with the red ball in the center, people for miles around cried, "The flag is up!" and everyone hurried to the park. Currier and Ives lovingly portrayed the scene—fur-wrapped parties arriving in horse-drawn sleighs; out on the ice, beautifully garbed ladies and gentleman skating to music at night under the glow of calcium lights.

The true presiding genius of the flashing blades was one Jackson Haines, who materialized as the Nijinsky of the ice at about the time of our Civil War. He was a dancing master in a time when most of his pupils abandoned ballet for bullets. So he traveled to Vienna, the land of the waltz, and he brought music and skating together. We can thank him for the graceful figures one can cut on ice and that no one still skates with arms folded and body stiff as a ramrod. His fluid style, set to music, flowed all over Europe, was copied

continued on page 88

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You'll love "Christmas Cub"*

With his little red hat and his bright little vest, "Christmas Cub" fills hearts with thrills from the first moment he's hugged. Soft and cuddly and 8" tall, he's available to Christmas Club members through financial institutions all over America. Join now wherever you see this symbol. Or send the coupon with your check or money order *today*.

For shipping to arrive before Christmas, orders must be received by December 10. Supplies are limited, so don't delay. $9.50 each, postpaid.

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Please send me_____"Christmas Cubs" @ $9.50 p.p.d.
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EVAN SHOLL'S FEAST OF GIVING

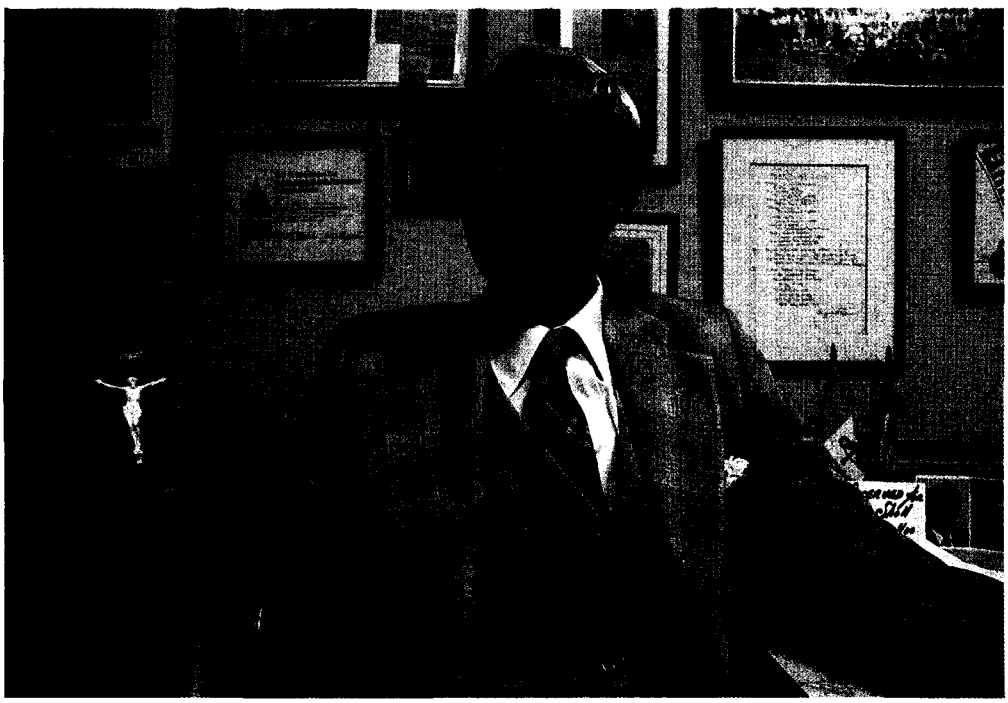
During 50 years in the restaurant business, this Washington legend has dished out as much Christian charity as he has string beans.

by Landrum R. Bolling

Thousands of tourists who flock to the nation's capital every week—school classes, boy-scout troops, women's clubs, busload after busload of them—stop off at Sholl's Cafeteria for the nourishment to see them through the footwearing days. After more than 50 years of serving simple but high-quality food at fair prices, Evan Sholl, 83, knows what will satisfy the budget-conscious visitor from Mobile or Monterey, Fall River or Fargo. As a businessman/churchman/philanthropist, he has become a living legend, his cafeterias a Washington "special attraction."

Tour groups, though numerous and continuous throughout the year, are only a minor part of the trade at Sholl's. Taxi drivers and policemen, businessmen and bureaucrats, college students from nearby George Washington University and an occasional bag lady are among the regulars. Many leave their attache cases, umbrellas and packages with the cashier in her alcove, rather than tote them through the cafeteria line. You pay after you eat, so there is no delay in sitting down to a hot meal before it gets cold. The food is simple, but of excellent quality, well cooked—and not expensive. On a typical day, there will be ten or a dozen kinds of fruit to choose from at breakfast. One professional man, who often drops in for a quick meal, notes that Sholl's has fresh blueberries earlier in the season than his exclusive club.

The two Sholl cafeterias, both on K Street, within a ten-minute walk of the White House, are a striking combination of quiet oasis and efficient food service. Without being preachy, they try to feed both the physical and spiritual hunger. Inspirational bulletins from The Christophers and other pamphlets are for the taking as you pick up your tray and silverware. Every table has a standing printed card with three suggested texts—Catholic, Jewish and Protestant—for "Thanksgiving Before Meals" and, on the back, the prayer of St. Francis of Assisi. Occasional promotional leaflets—"This Week's Special: Filet of Haddock, $1.95"—carry scripture verses, the slogan "We pray together. We stay together" and a statement of "Business Principles We Use."



Cafeteria owner Evan Sholl, sitting among his many testimonials and awards, is more often found at a table in the thick of the traffic, "dishing out" the Christian philosophy that has made him a Washington "institution."

Those "principles," it is clear, are reflected in the courtesy and helpfulness of the staff, the cleanliness and neatness of the whole establishment and the straight talk of Sholl as he sits for part of most days at a small table in the thick of the traffic pattern, nearest the coffee urn.

"I teach just one word," says Sholl, who is tall, vigorous and alert to all that goes on around him. "That word is 'give.'

"I teach everyone just what I have learned, and I get our more experienced people to teach others. What I learned long ago is that, to succeed, you simply have to give yourself. You work for the person you sell to. You work for the person you buy from. You work for the person who works for you. You give to all of them. Because you give yourself, you can be strict about the regulations. And because you are strict about the regulations, you can give more."

What he means by the "regulations" is pretty evident from the printed statement of business principles Sholl distributes: "Do little things. Clean as you go. Place for everything. Keep everything simple.

continued on following page

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Our blocks have a mouse in them.

Before you go "Eeeeeeeek," we should tell you that this mouse's name is Mickey.

And that he's only one of many famous characters in our new Disney Loc Bloc® sets.

There's also Donald Duck, Pluto, Minnie, and Snow White and the Dwarfs.

By developing sets like these, we're giving mothers building blocks that are as imaginative as the children that use them. We also have Smurf™ Loc Blocs, Elephant Loc Blocs, Zebra Loc Blocs, even Sub-Space Flitter Loc Blocs (whatever that is).

Loc Blocs are so innovative they give you almost anything you could want in children's building blocks.

Including a mouse.

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Do it now."

The 12th child of 13 in a farm family, Evan was born near Pottsville, Pennsylvania. He says he had no schooling to speak of. By the age of 12, he was holding down a job in a brickyard, then moved to be a window washer, a shoe-factory hand and a busboy. Gradually, he worked his way up to night manager in a restaurant. At age 20, he decided to open a little restaurant of his own and promptly went broke. Then he got a job in a local Kresge five-and-ten and, after two weeks of industrious labor, was transferred to a better job with Kresge in Washington. Within a year, he saved enough money to pay off all his $1,500 debt, with $800 left over to start again in his own restaurant. More than 50 years later, he is still in the restaurant business, honored by his peers, his church and his adopted community. *Washingtonian Magazine* described him as a "promise of continuity and kindness, dishing out as many helping hands as he has string beans."

The 12th child of 13, Evan Scholl was in the rough much of his early life—from a brickyard job at age 12 to going broke at 20.

Evan Sholl is not much for talking about his charities, but some of them are evident in the food basket he prepares at Thanksgiving and Christmas and in the assorted services he performs for and through his church. He has signed over his own home to the Third Order of St. Francis, and he has built for the Order an adjoining special retreat house that can accommodate 50 people overnight and provide meal and meeting facilities for 180.

There is nothing pompous or pious about Sholl, but he makes it unmistakable that the church is central in his life, that religion is his guiding force. It was not until he was 44, however, that he became a Christian.

"It was my wife, Gertrude, who should have credit for whatever I've accomplished and, most of all, for my coming into the church. For 23 years, she prayed for me every day. Finally, her prayers were answered with the help of Father Palm, a missionary priest from Formosa who came to stay overnight with us. Before he went to bed, he talked to me seriously about religion, and I simply came to the point that I wanted to be a Catholic. Now I try to apply religion in my daily business as fully as I can. I don't mean by that a particular denomination—Catholic, Protestant or Jewish. I just mean basic religion."

What religion means to Sholl in his business life is reflected in his treatment of his employees. He knows them, pays attention to them and their ideas and sets high standards of performance. He also pays considerably above the prevailing wage level. The average woman on the cafeteria line or in the kitchen receives $225 a week plus substantial annual bonuses. Currently, among his 120 employees, 17 different nationalities are represented; some employees are recent immigrants. At the core of his work force, however, are veterans of many years of continuous service, including a venerable lady past 80 who slices and serves the ham as swiftly as any teen-ager might.

Sholl does not believe in arbitrary retirement ages. He says he expects to continue active management of his cafeterias until he is 95, which would give him more than another decade to go. Meanwhile, three of his nephews have been full-time members of the management staff for several years.

Sholl's life took on new dimensions in the spring of 1982. Having his wife Gertrude die, after half a century of marriage, he was resigned to living out his life as a widower. But fate decreed otherwise. Through the marriage of a grandnephew, he met and married an attractive widow, Mrs. Genevieve Pilla, who has brought him both companionship and his first "grandchildren," since he never had any children. Now, an avid golfer, he is finally eligible for the first time to play in the "grandfathers' golf tournament" at his country club.

On one wall of Sholl's Colonial Cafeteria at 19th and K (not to be confused with Sholl's New Cafeteria near 15th and K) hangs a remarkable collection of framed clippings, pictures, poems, testimonials and awards. There is a photograph of a church in Korea built "through the support of Mr. Evan A. Sholl and others." There is a letter of appreciation addressed "To Mr. Sholl, our Employer and Friend," dated February 8, 1943. A fading newspaper clipping reports that the Texas billionaire H. L. Hunt ate there during the inauguration festivities of 1969. A certificate from the President's Cup Regatta Association attests to his "valuable contribution toward the cause of good seamanship," and there are poems and cartoons from employees and friends attesting to their personal admiration.

Prominently displayed on the wall, too, is the famous "Prayer of Saint Francis" that begins: "Lord make me an instrument of your peace. Where there is hatred, let me sow love." One line contains the affirmation that Evan Sholl has made his personal and business motto: "For it is in giving that we receive."

Watch Evan Sholl greet his customers and talk with his employees and listen to the story of how he built his business, and you know that here is not only a Washington "institution" but a man who practices what he preaches.

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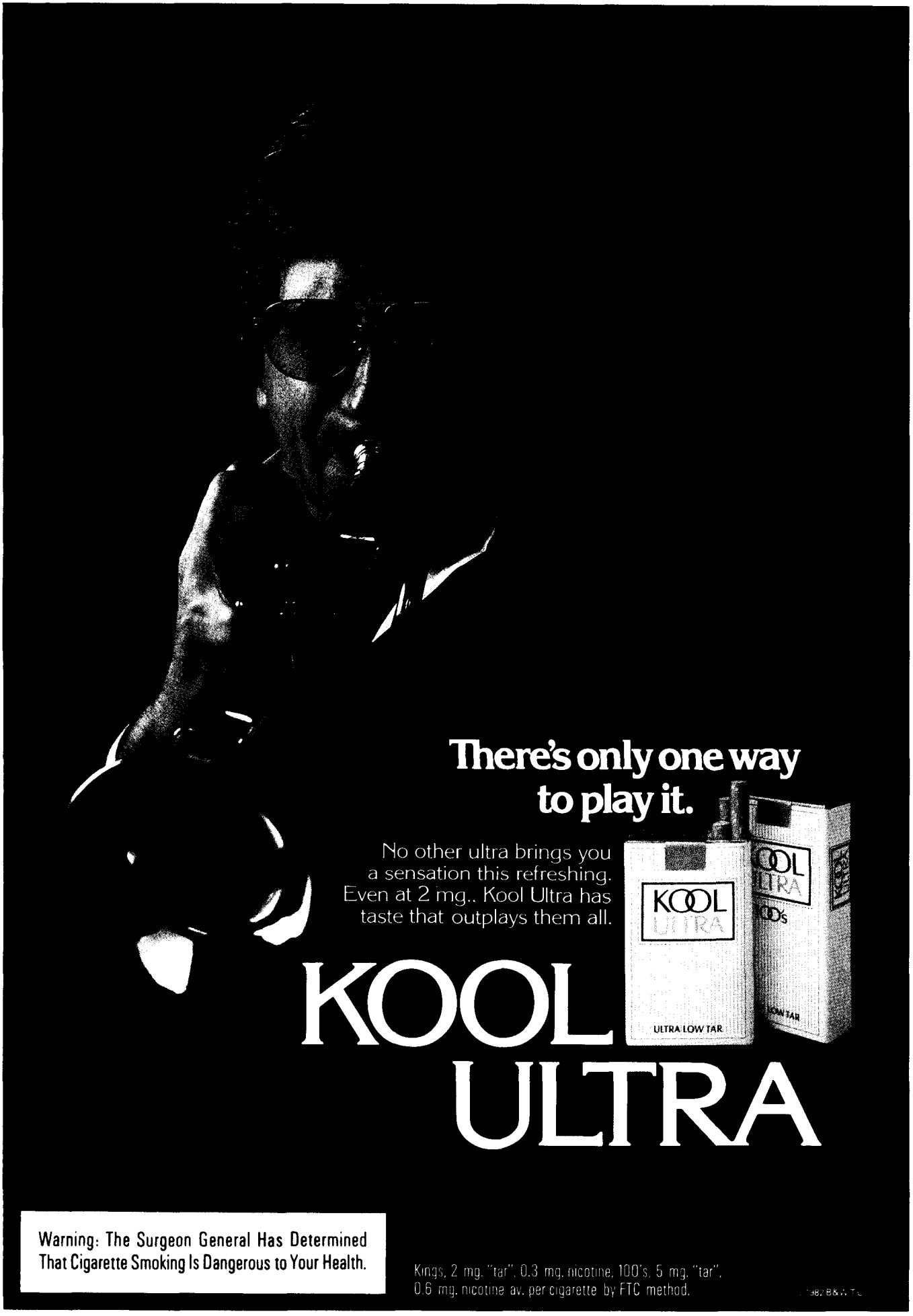
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No other ultra brings you a sensation this refreshing. Even at 2 mg., Kool Ultra has taste that outplays them all.
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What's a good Christma

The Saturday

An Ameri

Give the gift that keeps on giving!

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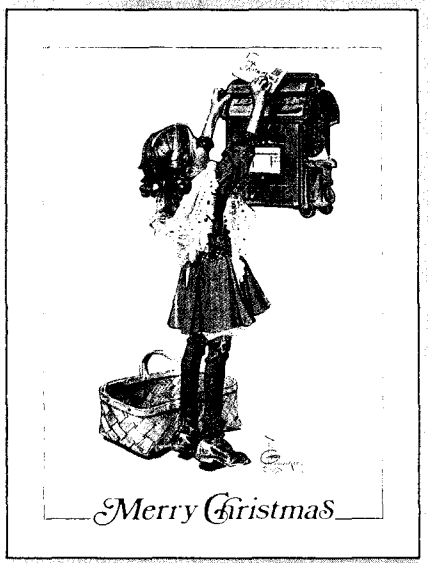

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THE COPPER RING MYSTERY

Although Mrs. Terry's trouble could have begun at birth, her first warning didn't come until much later—the day, out of the blue, she fainted.

By Berton Roueché

Illustrated by Jack Stockman

Carol Terry was a healthy young woman of 24 when things began to go wrong. First, she fainted at work; a week later, moved by a sudden compulsion, she attempted suicide. Thus, she entered the world of psychiatrists and mental wards, but treatments didn't help. Her memory blurred; she began to drool. When Thorazine therapy caused her liver to enlarge, she was switched to electroshock. Much later, her real problem was finally diagnosed.

Part II

"My new routine was occasional psychiatric consultations and group therapy. It was much the same as before. Everything was getting harder and harder for me—tying my shoes, opening jar lids, setting my hair, writing, even signing my name. But every time I tried to discuss it with the psychiatrist he simply shrugged and said what he had always said: This was my way of showing resentment toward my husband. Group therapy wasn't any more satisfactory. I wrote an account of what I thought was wrong with the way the group was run. I typed it out—hunt and peck; it took forever—because nobody could read my handwriting anymore. I asked the psychiatrist if I might read my report to our group. He refused. That finished it for me. I had stayed with it all spring and summer, but now I was through. I was totally fed up with him and his methods. He was really just laying his own hangups on us. So I resigned. That was in September. I was at a loss. All of my symptoms were worsening, and some new ones were coming on. It was getting hard for me to chew and swallow. My right leg was acting funny, I was beginning to limp. My balance was off. I don't know how many times I tipped over and fell down. I was covered with bruises. But, worst of all, I began to have trouble speaking, I couldn't seem to articulate; everything came out slurred. Even my family had trouble understanding me. Pat couldn't cope with it. First suicide, then psychiatry, now this. He felt that I was shaming him, that I reflected on him as a man. We both realized that our marriage was over. We were too different. We started divorce proceedings. At the same time, I had a desperate idea. The only part of me that seemed still to be functioning normally was my mind. I could still think. So maybe my trouble wasn't emotional, psychological, functional. Maybe it was basically physical. I arranged to see a neurologist. We talked and he examined me. He checked my reflexes and my walk and so on. I went to see him four times. Finally he told me that my problem was entirely psychological. He said my physical problems were side effects of Thorazine. He put me on L-dopa, the drug they use to control the spasms in Parkinson's disease, and referred me to a psychiatrist. Not the one I had been going to. A different one.

"Of course, there really wasn't that much difference. In my experience, there never is. Psychiatrist No. 3 took me off L-dopa and put me on another tranquilizer—an antidepressant called Sinequan. He told me that the cause of all my troubles was my unhappy marriage. He said my shaking hands were an expres-

continued on following page

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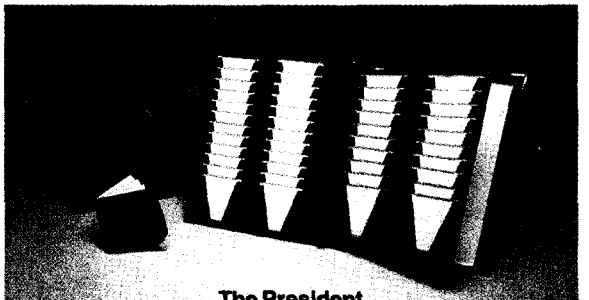

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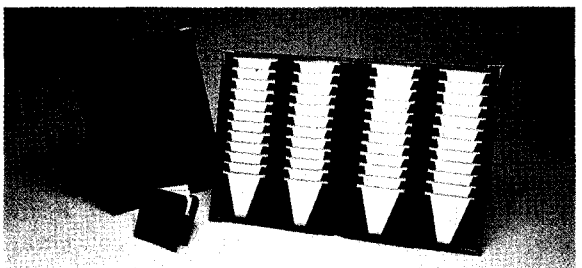

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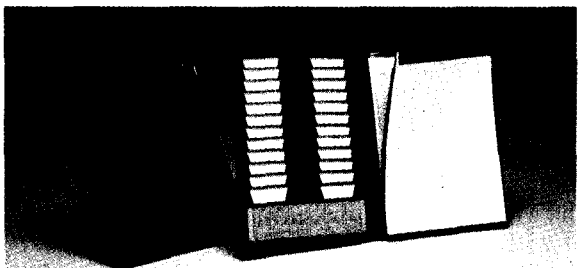

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sion of a suppressed desire to hit my husband. At home, I spent most of my time lying down—I could speak better and swallow better in that position. About all I could do was look at television. I had practially stopped trying to read. I couldn't keep my hands steady enough to hold a book. I began to lose weight. It was difficult for me to swallow even water. My parents were about out of their minds. My mother was a real nervous wreck. My father got desperate enough to take me to a hypnotist. That was supposed to conjure me out of my tremor. For maybe half a minute after I was hypnotized I noticed that my hands stopped shaking. That was in December. My divorce was granted the following month. But that didn't faze my new psychiatrist. He simply shifted his ground. My problem was no longer related to my marriage. The cause of all my trouble now was simply that I didn't want to go back to work, I didn't want to accept responsibility. By the beginning of February, I had lost 25 pounds. You can imagine what I looked like. And I was becoming dehydrated. That was really frightening. I wanted help, real help, and all I got from my third psychiatrist was the usual questions and a few textbook answers. I finally told him that I thought I should go into the hospital again, but a different hospital this time, the biggest and best in town—the University of Utah Medical Center. He nodded his head. What I really wanted, he told me, was attention. I just wanted to be waited on. Oh, he was a real winner. But I insisted. I think it bothered him that I wanted to go into the Medical Center, because he wasn't affiliated there. He had to get a colleague to make the arrangements. I never saw him again. About a year later, I wrote to him and brought him up-to-date on my case. I thought he would be interested. He never answered."

Mrs. Terry (Carol Francone) was admitted to a psychiatric ward at the University of Utah Medical Center on February 12, 1973. She remained a patient there for 11 days, until February 29, when "Due to discontinuation of her insurance in December and unavailability of welfare insurance." she was discharged. Her "Discharge Summary," which included a comprehensive review of her case, largely confirmed her own recollection of those many months of conventional counsel and inexorably failing health. It opened, "This is the 1st UUMC admission for this 26-year-old divorced white woman from Salt Lake City referred by Dr. _____. Chief complaint is given by the father, who reports her 'becoming catatonic.' " It continued, "The patient has a psychiatric history going back several years. She was previously hospitalized at _____ by Dr. _____, the first hospitalization occurring in August of 1971, following a 'nervous breakdown' in California. She was treated with electroshock therapy x three and was discharged in approximately one week, showing marked improvement. She continued with Dr. _____ in therapy, but relapsed in December of 1971, receiving eight electroshock treatments while hospitalized. Again she showed rapid improvement. Although the diagnosis of schizophrenia was never made, the patient did receive [Thorazine] treatment intermittently. The patient stopped seeing Dr. _____ and was referred to a neurologist, Dr. _____, for evaluation of muscle tightening on her right side and drooling, which was felt at the time to be a reaction to Thorazine. She did make improvement, but then, under Dr. _____'s supervision, the patient began regressing, at which time the diagnosis of secondary to Thorazine was not felt to be accurate, and, without evidence of neurological disease, hysterical-conversion symptom was considered. At this time, the patient was referred to Dr. _____, who treated her with Valium 20 mg a day and Sinequan. The patient has had a very stormy marriage, which was recently ended by divorce, final January 1973. Since that time, she has progressively gotten worse, with increasing signs of muscle stiffness, drooling and difficulty in swallowing. Prior to admission, the patient was not eating or drinking fluids properly, and was becoming dehydrated. She was not able to communicate, because of her unformed words."

"I'm telling you, it says, "Only ten shopping days 'til Christmas."

The review of Mrs. Terry's medical history was followed by an evaluation of her mental status. It read, "Alert, oriented. Patient speaks in a high, squeaky, almost unintelligible voice, which makes questioning impossible. Speech is slow, with short phrases. Follows commands readily. Psychomotor—rigid posturing of hands and fingers, hyperextended and stiff jaws. Patient moves in very mechanical fashion." The results of a routine physical examination (pulse, blood pressure, temperature, eyes, chest, heart, abdomen) were noted as being essentially normal, including "no pathologic reflexes." So, with one exception, were the results of certain laboratory tests: complete blood count, urinalysis. The exception was a test (SGOT) which determines the concentration in the blood of an enzyme whose excessive presence there is indicative of liver-tissue damage. Normal is 40 to 50 units. Mrs. Terry's concentration was given as 110.

The "Summary" then reviewed Mrs. Terry's stay in the hospital. "It became apparent," its authors, a staff psychiatrist and a resident, noted, "that the patient did have some control over her movements, at times with a gross tremor in doing a task such as trying to tie her shoe, seeking attention and help; however, when the behavior was not attended to, the patient was able to

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manage adequately, at times with total cessation of her tremor. The patient improved with her food and fluid intake. Under hypnosis, the patient was able to totally relax, with entire control of all body tremors or movements. During sessions of behavior modification and shaping, her voice became very rapid; responding to socialization, it was easy to have the patient change her voice with the words becoming rapidly more distinct."

It concluded, "Final Diagnosis: Hysterical neurosis, conversion type. Disposition: The patient is transferred to Granite Community Mental Health Center. The patient did not receive any medication during hospitalization nor on transfer. Prognosis: Fair."

Mrs. Terry entered the Community Mental Health Center, as a welfare patient, the same day. There is no knowing how long she might have remained there—limping, drooling, trembling, mumbling—if chance had not intervened. Its instrument was a doctor on the Center staff named David Reiser. Something about Mrs. Terry's appearance prompted him to take a second look at her file. The history of her case only quickened a suspicion he had formed. Since the Mental Health Center's diagnostic facilities were not up to proving his theory, he sent her to John Shields, an internist at a neighboring clinic that was equipped to do more elaborate tests—a liver function test, a ceruloplasmin test, a serum-copper evaluation, as well as a slit-lamp examination of the corneas of her eyes.

"I knew something important had happened," Mrs. Terry told me. "It was the way Dr. Shields and the ophthalmologist stood there looking at each other and nodding. I waited, and finally Dr. Shields turned to me. He wasn't exactly smiling, but he certainly looked pleased. He said they thought they knew what was wrong with me. He said they thought my trouble was basically not psychiatric. He said they thought I had a disease called Wilson's disease. He said he understood that it was treatable. And also, he said, it so happened that one of the leading authorities on Wilson's disease was here in Salt Lake City. His name was Dr. Cartwright, and he was the head of the Department of Medicine at the University of Utah College of Medicine. I heard what Dr. Shields was telling me. I drank in every wonderful word of it. But the thing that mattered most—the thing that put me up in seventh heaven—was that I had a real disease. I wasn't a psychiatric case. I wasn't crazy."

Wilson's disease, though something of a rarity, is only too real a disease. It is also a peculiar one. It has its origin in a genetically structured derangement of copper metabolism and is inherited through the coincidental presence of a certain morbidly aberrant chromosome in both the mother and the father of the victim. The parents themselves, to the best of current medical knowledge, are unaffected by their possession of the baleful trait. Nor—even more baleful—is there any practical way to predetermine their carrier state.

Wilson's disease takes its name from an early-20th-century British neurologist named S. A. Kinnier Wilson. His classic monograph, "Progressive Lenticular Degeneration: A Familia Nervous Disease Associated with Cirrhosis of the Liver," published in 1912, is generally accepted as the first more or less comprehensive description of the disease, and it contains an impressively accurate postulation: "There is evidence to show that the disease is toxic in origin." Copper, as mid-20th-century nutrition experts importantly established, is one of the several elements essential in minute quantities to the normal functioning of the human body (it makes possible the assimilation of iron), but like some other members of this company (most notably iron), its impact in large quantities, as has long been known, can be toxic. Wilson's disease is essentially a chronic copper poisoning. In it, the natural balance between copper ingestion and copper excretion is disturbed, and copper thus retained is stored in certain organs. The liver is its first and chief repository. In time, as the storage capacity of the liver is exhausted, the continuing accumulation passes from the liver into the bloodstream and is carried to the other organs for which copper has a grim affinity. These are most conspicuously the brain and the cor-

continued on page 100

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ALCOHOLICS ANONYMOUS

Only the members are anonymous; Alcoholics Anonymous is known by thousands of drinkers who have sought help.

by Jack Alexander

Editor's note: Jack Alexander's classic article on Alcoholics Anonymous first appeared in *The Saturday Evening Post* in 1941. The message it carries is as important today as it was then, and we reprint it here in hopes that it will inspire more alcoholics to seek help. This is the second in a series to be completed in our Jan/Feb issue and followed by an update on alcoholism in the U.S. today.

Part II In discussing their work, the AAs spoke of their drunk-rescuing as "insurance" for themselves. Experience within the group has shown, they said, that once a recovered drinker slows up in this work he is likely to go back to drinking himself. There is, they agreed, no such thing as an ex-alcoholic. If one is an alcoholic—that is, a person who is unable to drink normally—one remains an alcoholic until he dies, just as a diabetic remains a diabetic. The best he can hope for is to become an arrested case, with drunk-saving as his insulin. At least the AAs say so, and medical opinion tends to support them. All but a few said that they had lost all desire for alcohol. Most serve liquor in their homes when friends drop in, and they still go to bars with companions who drink. The AAs tipple on soft drinks and coffee.

One, a sales manager, acts as bartender at his company's annual jamboree in Atlantic City and spends his nights tucking the celebrators into their beds. Only a few of those who recover fail to lose the feeling that at any minute they may thoughtlessly take one drink and skyrocket off on a disastrous binge. An AA who is a clerk in an Eastern city hasn't had a snifter in three and a half years, but says that he still has to walk fast past saloons to circumvent the old impulse; but he is an exception. The only hangover from the wild days that plagues the AA is a recurrent nightmare. In the dream, he finds himself off on a rousing whooper-dooper, frantically trying to conceal his condition from the community. Even this symptom disappears shortly, in most cases. Surprisingly, the rate of employment among these people, who formerly drank themselves out of job after job, is said to be around 90 percent.

One hundred percent effectiveness with nonpsychotic drinkers who sincerely want to quit is claimed by the workers of Alcoholics Anonymous. The program will not work, they add, with those who only "want to want to quit," or who want to quit because they are afraid of losing their families or their jobs. The effective desire, they state, must be based upon enlightened self-interest; the applicant must want to get away from liquor to head off incarceration or premature death. He must be fed up with the stark social loneliness that engulfs the uncontrolled drinker, and he must want to put some order into his bungled life.

As it is impossible to disqualify all borderline applicants, the working percentage of recovery falls below the 100 percent mark. According to AA estimation, 50 percent of the alcoholics taken in hand recover almost immediately; 25 percent get well after suffering a relapse or two and the rest remain doubtful. This rate of success is exceptionally high. Statistics on traditional medical and religious cures are lacking, but it has been informally estimated that they are no more than two or three percent effective on run-of-the-mine cases.

Although it is too early to state that Alcoholics Anonymous is the definitive answer to alcoholism, its brief record is impressive and it is receiving hopeful support. John D. Rockefeller, Jr., helped defray the expense of getting it started and has gone out of his way to get other prominent men interested.

Rockefeller's gift was a small one, in deference to the insistence of the originators that the movement be kept on a voluntary, nonpaid basis. There are no salaried organizers, no dues, no officers and no central control. Locally, the rents of assembly halls are met by passing the hat at meetings. In small communities no collections are taken, as the gatherings are held in private homes. A small office in downtown New York acts merely as a clearinghouse for information. There is no name on the door and mail is received anonymously through Box 658, Church Street Annex post office. The only income, which is money received from the sale of a book describing the work, is handled by The Alcoholic Foundation, a board composed of three alcoholics and four nonalcoholics.

In Chicago, 25 doctors work hand in hand with Alcoholics Anonymous, contributing their services and referring their own alcoholic patients to the group, which now numbers around 200. The same

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cooperation exists in Cleveland and to a lesser degree in other centers. A physician, Dr. W. D. Silkworth of New York City, gave the movement its first encouragement. However, many doctors remain skeptical. Dr. Foster Kennedy, an eminent New York neurologist, probably had these in mind when he stated at a meeting a year ago: "The aim of those concerned in this effort against alcoholism is high, their success has been considerable, and I believe medical men of good will should aid."

The active help of two medical men of good will, Drs. A. Wiese Hammer and C. Dudley Saul, has assisted greatly in making the Philadelphia unit one of the more effective of the younger groups. The movement there had its beginning in an offhand way in February 1940, when a businessman who was an AA convert was transferred to Philadelphia from New York. Fearful of backsliding for lack of rescue work, the newcomer rounded up three local bar flies and started to work on them. He got them dry and the quartet began ferreting out other cases. By last December 15, 99 alcoholics had joined up. Of these, 86 were now total abstainers—39 from one to three months, 17 from three to six months and 25 from six to ten months. Five who had joined the unit after having belonged in other cities had been nondrinkers from one to three years.

At the other end of the time scale, Akron, which cradled the movement, holds the intramural record for sustained abstinence. According to a recent check-up, two members have been riding the AA wagon for five and a half years, one for five years, three for four and a half years, one for the same period with one skid, three for three and a half years, seven for three years, three for three years with one skid each, one for two and a half years and 13 for two years. Previously, most of the Akronites and Philadelphians had been unable to stay away from liquor for longer than a few weeks.

In the Middle West, the work has been almost exclusively among persons who have not arrived at the institutional stage. The New York group, which has a similar nucleus, makes a sideline specialty of committed cases and has achieved striking results. In the summer of 1939,

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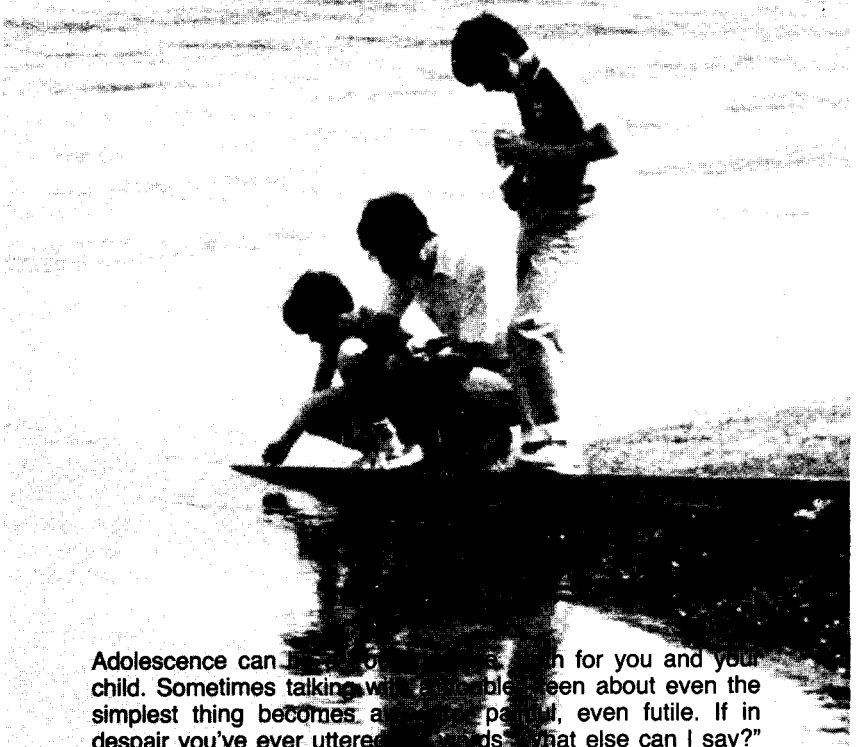

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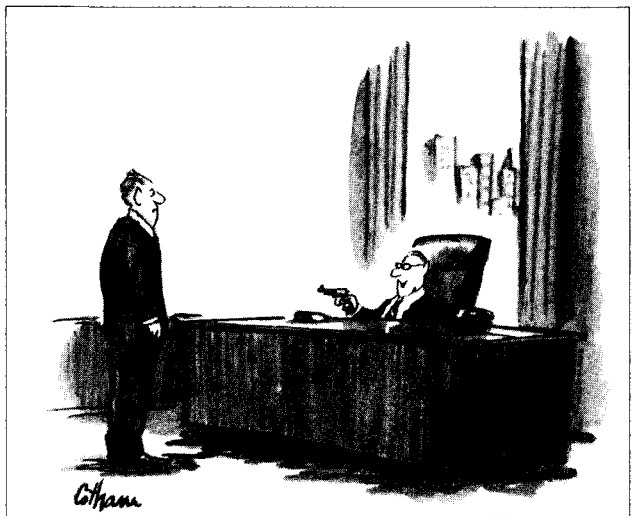
the group began working on the alcoholics confined in Rockland State Hospital, at Orangeburg, a vast mental sanitarium that gets the hopeless alcoholic backwash of the big population centers. With the encouragement of Dr. R. E. Blaisdell, the medical superintendent, a unit was formed within the walls and meetings were held in the recreation hall. New York AAs went to Orangeburg to give talks, and on Sunday evenings the patients were brought in state-owned buses to a clubhouse which the Manhattan group rents on the west side.

Last July 1, 11 months later, records kept at the hospital showed that of 54 patients released to Alcoholics Anonymous, 17 had had no relapse and 14 others had had only one. Of the rest, nine had gone back to drinking in their home communities, 12 had returned to the hospital and two had not been traced. Doctor Blaisdell has written favorably about the work to the State Department of Mental Hygiene, and he praised it officially in his last annual report.

Even better results were obtained in two public institutions in New Jersey, Greystone Park and Overbrook, which attract patients of better economic and social background than Rockland because of their nearness to prosperous suburban villages. Of seven patients released from the Greystone Park institution in two years, five have abstained for periods of one to two years, according to AA records. Eight of ten released from Overbrook have abstained for about the same length of time. The others have had from one to several relapses.

Why some people become alcoholics is a question on which authorities disagree. Few think that anyone is "born an alcoholic." One may be born, they say, with a hereditary predisposition to alcoholism, just as one may be born with a vulnerability to tuberculosis. The rest seems to depend upon environment and experience, although one theory has it that some people are allergic to alcohol, as hay-fever sufferers are to pollens. Only one note has been found to be common to almost all alcoholics—emotional immaturity. Closely related to this is an observation that an unusually large number of alcoholics start out in life as an only child, as a youngest child, as the only boy in a family of girls or the only girl in a family of boys. Many have records of childhood precocity and were what are known as spoiled children.

Frequently, the situation is complicated by an off-center home atmosphere in which one parent is unduly cruel, the other overindulgent. Any combination of these factors, plus a divorce or two, tends to produce neurotic children who are poorly equipped emotionally to face the ordinary realities of adult life. In seeking escapes, one may immerse himself in his business, working 12 to 15 hours a day, or in sports or in some artistic sideline. Another finds what he thinks is a pleasant escape in drink. It bolsters his opinion of himself and temporarily wipes away any feeling of social inferiority that he may have. Light drinking leads to heavy drinking. Friends and family are alienated and employers become disgusted. The drinker smolders with resentment and wallows in self-pity. He indulges in childish rationalizations to justify his drinking—he has been working hard and he deserves to relax; his throat hurts from an old tonsillectomy and a drink would ease the pain; he has a headache; his wife does not understand him; his nerves are jumpy; everybody is against him; and so on and on. He unconsciously becomes a chronic excuse maker for himself.



"Fortunately for me, you dropped in without making an appointment. Now no one can claim this was premeditated."

All the time he is drinking he tells himself, and those who butt into his affairs, that he can really become a controlled drinker if he wants to. To demonstrate his strength of will, he goes for weeks without taking a drop. He makes a point of calling at his favorite bar at a certain time each day and ostentatiously sipping milk or a carbonated beverage, not realizing that he is indulging in juvenile exhibitionism. Falsely encouraged, he shifts to a routine of one beer a day, and that is the beginning of the end once more. Beer leads inevitably to more beer and then to hard liquor. Hard liquor leads to another first-rate bender. Oddly, the trigger which sets off the explosion is as apt to be a stroke of business success as it is to be a run of bad luck. An alcoholic can stand neither prosperity nor adversity.

Curing by Catharsis

The victim is puzzled on coming out of the alcoholic fog. Without his being aware of any change, a habit has gradually become an obsession. After a while, he no longer needs his rationalizations to justify the fatal first drink. All he knows is that he feels swamped by uneasiness or elation, and before he realizes what is happening he is standing at a bar with an empty whisky pony in front of him and a stimulating sensation in his throat. By some peculiar quirk of his mind, he has been able to draw a curtain over the memory of the intense pain and remorse caused by preceding stem-winders. After many experiences of this kind, the alcoholic begins to realize that he does not understand himself; he wonders whether his power of will, though strong in other fields, isn't defenseless against alcohol. He may go on trying to defeat his obsession and wind up in a sanitarium. He may give up the fight as hopeless and try to kill himself. Or he may seek outside help.

If he applies to Alcoholics Anonymous, he is first brought

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Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

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December 2 Diabetics and Diet

HCF stands for high carbohydrate and fiber. According to diabetes authority Dr. James Anderson, University of Kentucky Medical College, HCF could mean less dependence on insulin and, in some cases, total independence for late onset diabetics. Get the facts this week on Lifecare Digest.

December 9 Another Unnecessary Disease

What does measles have that smallpox does not? Victims! While smallpox has been virtually wiped out, measles still blinds, deafens and damages the brains of children around the world. Find out how you can help to force the unconditional surrender of a killer whose time has come on Lifecare Digest.

December 16 Catch the Thief of Vision

If glaucoma were more dependably painful, it would not go undetected in its early stages and silently steal the priceless gift of vision from its unsuspecting victims. A simple measurement of interocular pressure could save your sight. See how on this week's Lifecare Digest.

December 23 Good News for a Good Night

Find out how to break the barbiturate habit to get to sleep. Safe, natural food substances such as certain amino acids and minerals can replace the drug-dependency/sleep cycle. Lifecare Digest will show you how.

December 30 Side-Stream Pollution

Steady streams of tobacco smoke flow from smokers' mouths at home or wherever else smokers choose to endanger themselves and those who surround them. Some of the ills and evils of cancer and cardiovascular disease can be prevented if smoking is curtailed. Let's put a damper on side-stream smoke. Watch Lifecare Digest.

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SHOULD YOU BUY YOUR CHILD A COMPUTER?

For parents concerned about what lies ahead, computers can be "toys" that will help youngsters learn those skills they'll need to thrive in coming decades.

by Herbert Kohl

When I was about 11 or 12, my favorite place was the Gilbert Hall of Science in Union Square in Manhattan. Every Saturday, I would walk downtown and hang around the store, watching the electric trains and wandering among the chemistry sets and microscopes. The trains were the most fascinating for me.

My father got me my first train set as a Christmas-Chanukah present. I tried to set it up according to the fantasy world I had dreamed of, but my father and uncles descended upon it—and me. Despite some conflict of interest, we had fun building a layout that satisfied us all. It is the only time I remember as a child when I could compete on equal terms with the grownups.

I was reminded of the continual pleasure I got from building an electric-train world recently when I visited a local computer store. A number of girls and boys between nine and 15 were hanging around, watching the salespeople's demonstrations, playing games and writing their own programs whenever a demonstration machine became available. I asked the person waiting on me if she knew the youngsters, and she told me that they were the local computer buffs. They had no machines at home or at school, and the store had become a social center for them. As long as they made no trouble and freed the machines for customers, they were welcome. In fact, they were very helpful to the salespeople, because some of them knew more about computers and computing than anyone who worked at the store.

Many children these days are far ahead of their teachers in knowledge of computers. No other pastime offers them such a playground for creativity and imagination.

I talked to several of the youngsters and found that they were indeed knowledgeable and that the sense of power they felt when controlling the machines was close to what I had felt with my electric trains. Over the past few years, I've discovered that it is not only the buffs who love the power that comes with control, but that most children seem to enjoy the complexity and challenge presented by computers. And even more, they seem to enjoy the fact that one doesn't need an adult teacher in order to learn to program or use a computer.

The analogy between electric-train sets and computers is not as inappropriate as it might superficially appear. Central to a creative use of both of them are the notions of expandability and variety. A computer that is simply preprogrammed to take game cartridges or one with practically no memory is, over a period of time, a dull machine, one that minimizes the user's power. But an expandable system, one that can lead to increasingly complex uses and control of greater computer capability, offers challenges that you can return to for years. This is not an exaggeration. My neighbor's son, thoroughly bored with school, has built a small computer into a very powerful system that he has used to reproduce arcade games, to develop programs that analyze the statistics of his high school basketball team and to set up books for his parents' small business.

Joseph is not exceptional, even within our small community in northern California. The local high school has held classes in computer science only for the past two years. Most of the students who know something about computers don't take the course because, as one boy told me, "I know more than the teacher, and he'll get angry at me for telling him things to do that require more than he knows."

There's a one-room school about five miles north of here with two teachers and 35 students. The man who teaches kindergarten through third grade discovered computers last year, and now he is a buff, perhaps even an expert. He and many of the children in our community have come to some agreement about "time on the machine," but what impresses me most is the fact that they don't relate to each other in the usual teacher/student or adult/child mode. Instead they relate to this open-ended machine that they are exploring together. It is possible for young people and adults to learn computing together, to randomize old notions of dominance and to feel inventive and

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powerful. I am learning with my children on the Atari we have and am finding out how to approach problem solving and complex thinking in a systematic way with the continual feedback a home computer provides.

I have been worrying over the question of whether it makes sense to buy one's children computers or, for that matter, to invest in a microcomputer for oneself and the whole family. Reluctantly (because I don't like to see learning depend upon things), hesitantly (because computers are expensive) and tentatively (because my experience with children and computers is limited), I've decided that computers for young people are very much worth the investment. They are powerful tools for the development of thought; they are delightful to create and play games with; they have the capacity to negate bad teaching; and, if one is concerned about what lies ahead, computers are toys that help youngsters understand the nature of systems and the control of information—skills they will need in order to thrive in the next decades. I sometimes feel like going as far as to say that the understanding of the use and organization of information and the ability to build complex systems with sophisticated feedback and self-correcting features are going to become the "basic skills" of the next 50 years.

If you accept the argument that learning to use and program computers are essential skills, then a number of questions arise. What is the best age to introduce children to computers? What is a practical beginning computer system? And —the other side of the question of children's obsession with computers—what if your child doesn't compute?

I will try to answer these questions, but my responses should be viewed in light of the limited knowledge we currently possess about children's use of computers and of the rapid growth in the power of microcomputers and their language development. My intuition tells me that the home computers that will be available in ten years will be to the ones now on the market as digital radios are to the old crystal sets.

What Age Should You Introduce Children to Computers?

Playing simple games on computers can be fun for four- and five-year-olds. Just about any child who has watched "Sesame Street" can learn to play some of these games and benefit from the control and coordination they require. For children, computer games are an interactive extension of televison shows they have already watched. Mr. Rogers, Captain Kangaroo and the Muppet characters are always asking questions of their audience, and many children answer, even though there is no one there to listen or respond. In well-designed computer games, the machine responds—a poor substitute for a person's response certainly, yet a further step toward having some interaction with the world. I find that the age at which youngsters become interested in computers as machines that they can control, as well as play with, is about nine (there are precocious six-year-olds, of course, and 12-year-olds who have more important things to do). Interest in programming is possibly parallel to the kind of independence that begins to develop at that age. I wouldn't hesitate to buy a small computer for an eight- or nine-year-old, especially if she or he understood that it would also be used by the rest of the family.

One caveat here, though—there is no need to rush young children into programming. It is not necessary to program children to do programming, because they can pick up the skill in a few months at any age. Experimenting with computers, watching adults experiment with them, having manuals available and being able to play games and enjoy them create the comfort and ease with systems that are needed to learn complex programming. The most important way adults can help children learn how to program is to help them articulate what they would like computers to do.

"Never mind my luggage—what the devil have you done with my wife?"

What Is a Sensible Beginning Computer System?

There are things to look out for in order to avoid purchasing a system that neither you nor your children can easily use. The father of one of my son's friends made such a mistake, and it was a source of great family frustration. He bought a machine that was advertised as easily programmable, with lots of interesting games that could be played. It turned out that to program something as elementary as 2+2 it took more than 20 lines, that the graphics were dull, that it had no color or sound and that, although it was advertised as a bargain, it was no better for their purposes than a game computer that cost half the price and couldn't be programmed at all.

Here are some things to watch for when shopping around for a beginning home computer:

Is the computer part of a system that can be expanded, or is it self-contained and nonexpandable? Specifically, can its memory be expanded? How many languages can the computer use? What kind of software (programs) is already available? Do you have to buy a monitor for the computer, or can you hook it up to your own TV?

The first question is important if

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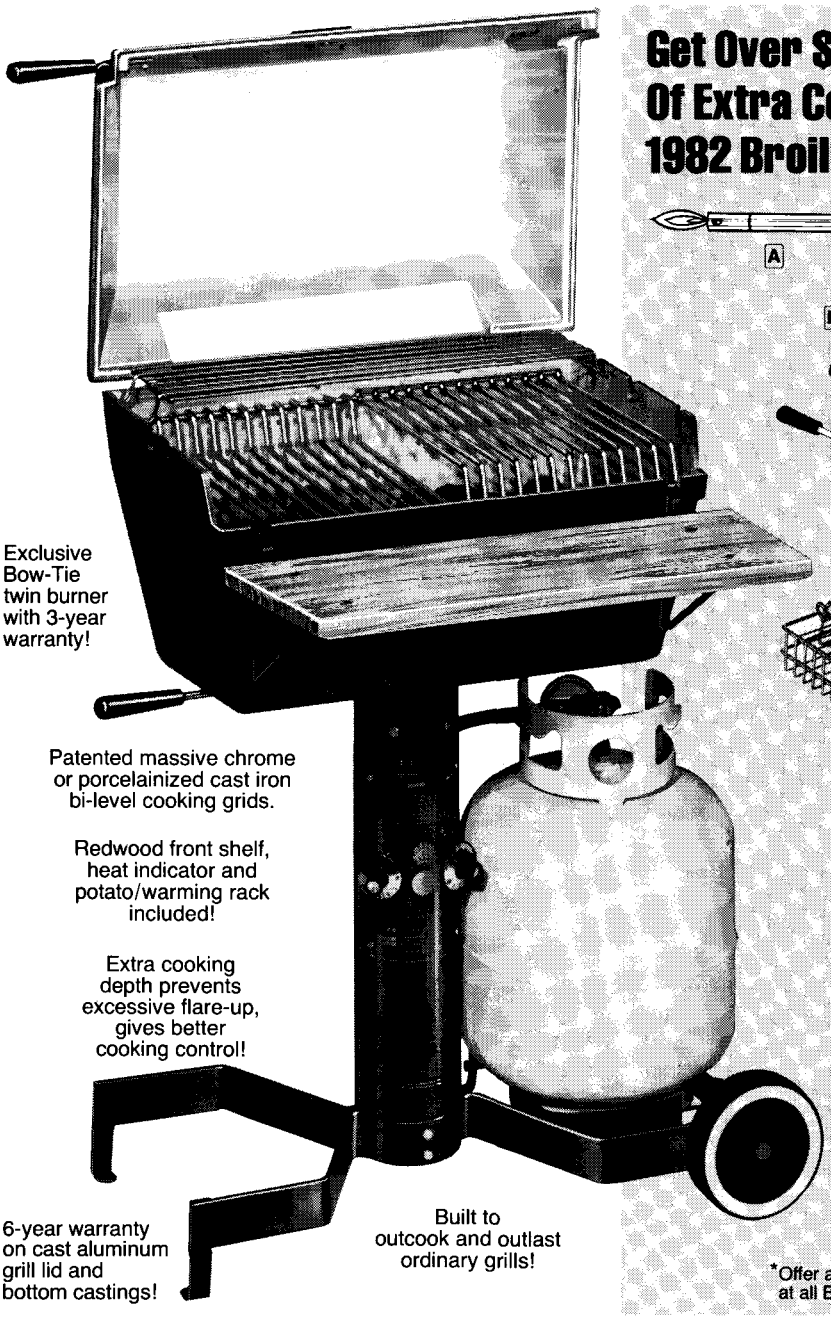

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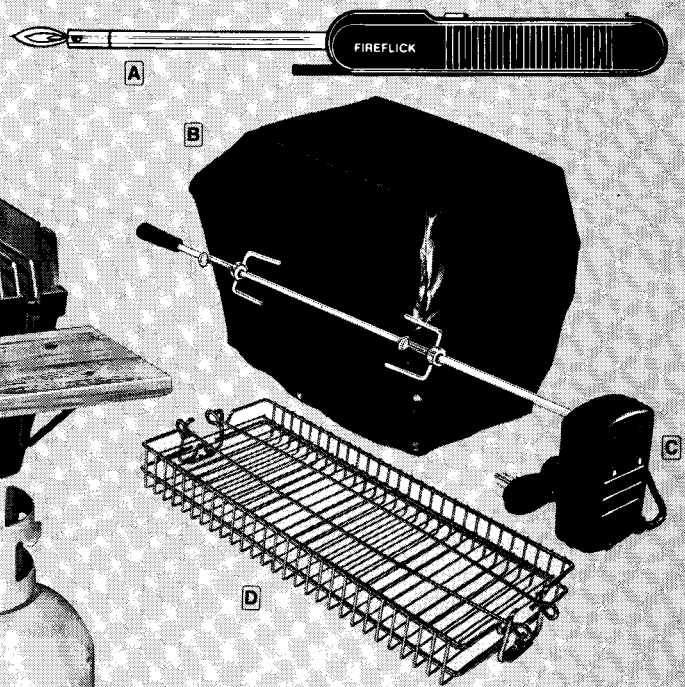

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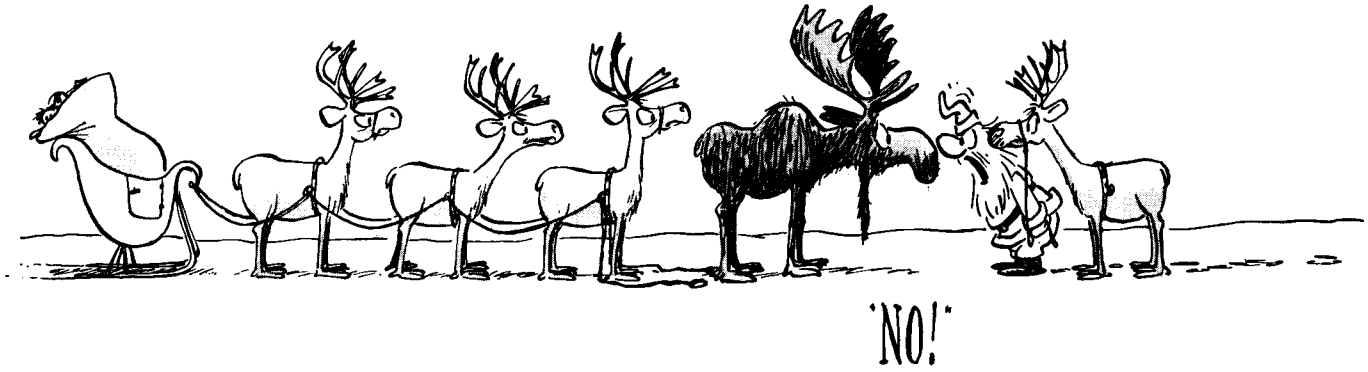


Heinrich Schnibble and the Clubwoman

"Good afternoon, sir. You are Heinrich Schnibble, the horticulturist, are you not?"

"Nein, nein! Ich ben Schnibble der farmer."

"Ah, such delightful modesty! Mr. Schnibble, I am president of the Burst o' Bloom Garden Club. We have selected you as our next speaker."

"Ach! Meinself nicht ben ein spokenspeaker!"

"Yourself nicht ben ein what?"

"Ein spokenspeaker mit der outenspouten."

"Oh, but of course you are, Mr. Schnibble. The mere fact that we have selected you establishes your reputation."

"Meinself ist nicht speaken to der Bloomenbusters!"

"Burst o' Bloom, Mr. Schnibble; and we just never take no for an answer. Now, what we will expect from you is a practical, down-to-earth talk—how you feed your plants, for example."

"Feeden mein plants? Ach, du lieber! Ist plants eaten mit comen to der table? Nein!"

"Mr. Schnibble, I was using an expression in common horticultural usage."

"Das expression ist dumbisch, ja?"

"On the contrary. We like to think of plants as little friends who live with their feet in the soil."

"Himmel! Der Busterbloomers also ben dumbish!"

"It's Bluster—or rather, Burst-en——Oh, never mind! Mr. Schnibble, we most certainly don't ben dumbisch! Our group ist der cream of——"

"Ach! Ist der Bloomers ben ringen ein dingler und serven der food mit knifen and forken?"

"Our Bloomers—I mean, der Busters——Mr. Schnibble, your coarse humor is not amusing. Consider mein invitation withdr——"

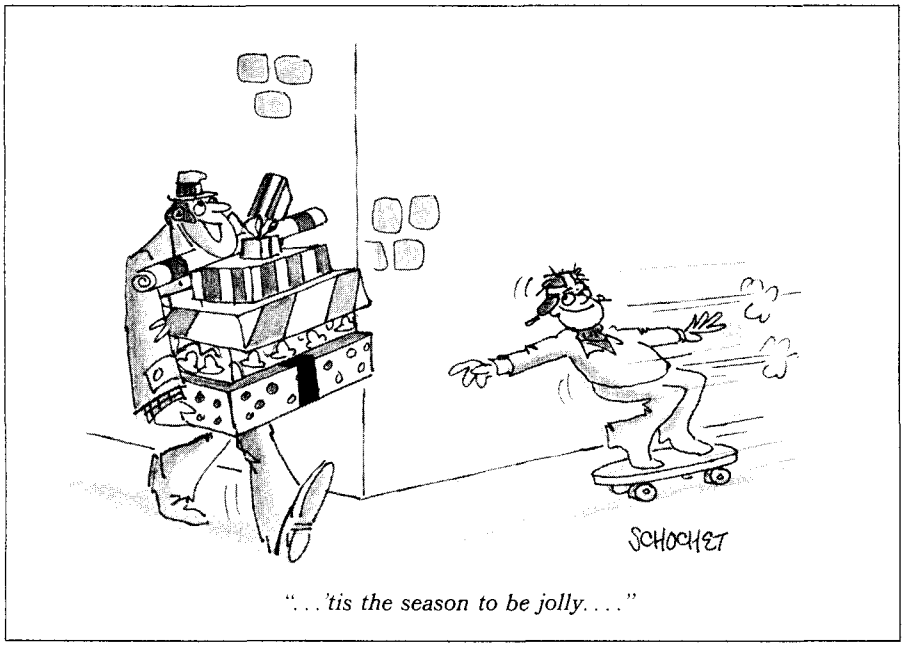
"Meinself ist accepten der inviten!"

"Yourself ist not accepten der inviten!"

"Meinself ist! Der answer ist ja!"

"Yourself ist not, und der answer ist nein! We don't nicht—ach! We ben feeden our own dingler—das outenspoken plantbibbers ist——Himmel! Mr. Schnibble, what I mean ist der dumbisch Bustle-bloomers just never ben tooken ja for ein answer!"

—Dave Morrah



"...'tis the season to be jolly...."

The Cookie Jar Crumbles. . .

"Where are you going, young man?" the policeman inquired.

"My mother discovered that I've been into the cookie jar, so I'm running away," the boy replied.

"I've been into the cookie jar myself," said the officer. "That's no reason to run away."

"You better run," said the boy. "One of us broke the cookie jar."

—Lawrence Miller

Well Suited

A wealthy Arab decided to share the wealth with his three sons. He asked the first, aged 17: "What can

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I give you, my son?"

The boy replied: "Father, I would like a private airplane." So the father built an airfield and then bought his son a Boeing 747.

He asked the 15-year-old: "What can I give you my son?" The boy replied: "A power boat, my father." So the father bought the Queen Mary.

The nine-year-old answered before his father could ask the question. "Papa, I'd like a Mickey Mouse outfit." So the father bought him the Department of Energy.

—Julia Baskerville

Feastful Famine

A really skinny man was walking along a crowded street one day and happened to bump into a really fat man.

The fat man said, "Looks like you've been in a famine."

To this the skinny man replied, "And it looks like you caused it."

—Trenda Leigh

Net Weight

"This package was full when factory-packed,
But contents may settle when shipped or shelf-stacked."
This clear explanation should keep us from thinking
That boxes are stretching while products are shrinking!

—Corinne Adria Bariteau

Circularity Rap

A traveler from the big city walked into a small general store in a rural crossroads town. "I don't suppose you'd have anything in the shape of an automobile tire, would you?"

"Yep, I sure do," drawled the old storekeeper. "Doughnuts, rubber bands, funeral wreaths and lifesavers."

—Margaret Faith

Video Violence

Sinuses clogging, nerves snapping,
Skin wrinkling, lips chapping,
Eyes watering, muscles knotting,
Heads aching, perspiration blotting,
Joints swelling, stomachs churning,
Feet blistered, cheeks burning.
If you watch commercials, it's plain to see
There's too much violence on TV!

—Ruth M. Walsh

Slimy Reply

"Does anyone in the class know what 'rebate' means?" the teacher asked her third-grade class.

A freckle-faced boy with a cowlick raised his hand promptly. "Yes, Ronnie?" prompted the teacher.

"It's when you put a new worm on the hook," the boy said proudly.

—D. O. Flynn

A Cutting Remark

My mother raised my brother Craig and me by herself. Occasionally, when we were younger, she would hire a man to mow our large yard.

One such time, Mom, Craig and I were on the porch while a hired yardsman cut our grass. He glanced up from his work, took off his cap and said to my mother, "Those are a couple of fine-lookin' sons you've got there, ma'am."

"Yes," Mom concurred, "I consider them to be real assets."

The man's face dropped. "Oh, don't say that, ma'am. Someday, I'll bet, you'll be mighty proud of them."

—B. Keith Cossey

Turn the Page

A minister, who always read his sermons, placed his text on the pulpit about half an hour before the service. One young member of his congregation surreptitiously removed the last page of the manuscript one Sunday.

Preaching vigorously, the minister came to the words, "So Adam said to Eve. . . ." Turning the page, he was horrified to discover the final page was missing. As he rifled through the other pages, he gained a little time by repeating, "So Adam said to Eve. . . ."

Then in a low voice, but one which the amplifying system carried to every part of the church, he added, ". . .there seems to be a leaf missing."

—Mrs. V. Myers

Filthy Clean

Grandma sighed as Debby came into the house after playing in the sandbox. "You're pretty dirty, aren't you?"

"Yes," she replied, "and I'm even prettier when I'm clean."

—A.H. Berzen

Elementary Emergency

As a first-grade teacher, I have to explain the rules to my students the first day. In one class, I told the students, "If you want to go to the bathroom, just raise your hand."

The room was quiet for a moment. Then one of the boys asked, "How's that going to help?"

—Bette Sears

"You really are too big to wear red!"

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A Parent's Guide to Computer Basics

Bits and Bytes

Computers are binary-based machines consisting of thousands of on- and off-switches, grouped so that the combination of ons and offs can be used to do mathematics, store information and control TV screens or other peripherals. A single switch is called a *bit*. In most home computers bits are organized in groups of eight. Eight bits make up a *byte*.

□□□□□□□□ 8 bits = 1 byte

In a computer's binary number system, with 0 represented by "off" and 1 represented by "on," a single byte can store any number up to 255.

	□	□	□	□	□	□	□	□
Value if off	0	0	0	0	0	0	0	0
Value if on	128	64	32	16	8	4	2	1

Memory: ROM, RAM, K

The memory size of computers is measured by the number of bytes of memory the machine contains. K, from the Greek prefix *kilo*, 1,000, is the symbol most commonly used (loosely) to describe computer memory. A 16K machine is one that has a memory size of about 16,000 bytes.

Home computers usually have two types of memory:

ROM (Read Only Memory)

RAM (Random Access Memory)

ROM is memory that is preprogrammed and nonerasable. Information in this memory has been compared to information in a book—you can only read it, you can't add or delete anything. RAM is the memory of a microcomputer that is available to the user. Information in this memory has been compared to information on a blackboard—you can write into this memory as well as read out; you can erase what's stored there at any time. It's essential to have at least 16K RAM if you want to do any interesting programming at all, and a good system should be expandable to at least 32K RAM.

Home-Computer Languages

It is tedious, though possible, to program a computer by switching each bit you want to use on or off, one by one. This is called programming in machine language and for some complex programs is necessary. However, a group of *user languages* has been created that groups bytes together and is closer to English or to mathematical notation. These languages are easier to use than machine language but, because they don't allow you to control every switch individually, are less powerful. Each language has its special strengths and weaknesses, and in purchasing a system, it is best to buy one that has user-language flexibility. Here are the most common user languages for home-computer systems:

BASIC (Beginners' All-purpose Symbolic Instruction Code). Developed for beginning students, it is the most commonly used home-computer language. Its structure is close to English, and it is useful for sophisticated language and mathematical applications, as well as for beginners.

PILOT (Programmed Inquire, Learning Or Teaching). This is a simple language that can be mastered in a short time. It is excellent for introducing young people to programming, especially if they do not have much of a mathematical background, and it allows them to learn to control sound, color and graphics. It is easy to move from PILOT to BASIC.

LOGO (from the Greek for "word"). Logo was developed specifically for teaching young children to use computers in creative ways. Graphics, sound and color are easy to command, and a young user can begin to program quickly.

PASCAL. Named for the French scientist Blaise Pascal, this is a more intricate language than the other three, appropriate for complex, mathematically oriented programs. It is a good language for young people to master after they have already learned BASIC, PILOT or LOGO.

A Home Computer System

The central processing unit—in a microcomputer, often contained in the keyboard—controls all the peripherals: the keyboard, where data is typed in; the TV screen, where data is displayed; the magnetic-tape cassette recorder *or* the disk drive, which plays back information in auxiliary storage on magnetic disks; and the printer.

you want to use the computer yourself and experiment with practical applications, mathematics and word processing, as well as for game playing and simple programming. An expandable system should be one that can accommodate several disk drives (which store and retrieve information much more quickly than the tape cassette recorders that sometimes come with beginning systems); an 80-column printer; a modem that enables you to hook up with computer networks through your telephone; and a monitor—or an inexpensive device that allows you to use your own TV as the monitor.

It is important to remember that none of these peripherals, as they're called, need to be purchased. However, it is possible to buy an expandable system for the same price as a dead-end system.

As for memory, no system with fewer than 16K (about 16,000) bytes of RAM is worth buying. RAM (Random Access Memory) is that part of the memory of a microcomputer that is reserved for information the user writes into it. RAM gets used up very quickly, and it is an essential determinant of the complexity of the programs you can create or run on your machine. I recommend a beginning system that can accommodate 16K and is expandable to at least 32K. You'll find that the first time your child gets a sophisticated game idea to program, 16K will be inadequate.

Language is as important as memory. There are many different computer languages, and new ones are continually being developed. Fundamentally, a computer is a collection of on- and off-switches printed onto "chips" about the size of a quarter of your thumbnail. These switches are organized in such a way that they can do arithmetic, store letters and words and control your TV screen or printer. They can also calculate and draw graphs. Organizing the "ons" and "offs" into a complex series of circuits is what creates the computer's power. If you were to program each switch, it would take hours to make a program for a simple operation, such as adding or subtracting. Fortunately, clusters of switches have been organized so that computers can

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IT'S GOING TO BE A BLIP, ZONK, WHAP, BANG CHRISTMAS

The ubiquitous Pac-Man *will eat up an even bigger share of Santa's pack space this year, among a Yuletide profusion of engaging electronic games from* Donkey Kong *to space-age* Monopoly.

by Jay Stuller

In the beginning, there was *Pong*.

A rather simple game, *Pong* featured a white dot that ricocheted back and forth across a plain, green television screen, a crude electronic version of table tennis. This was just ten years ago, but in the world of electronic games, *Pong* represents the creation of the firmament.

Pong begat *Space Invaders*, a shoot-em-up battle against endless hoards of aliens, a contest in which humanoids never win. Still, vanquished players, bereft of pocketfuls of quarters, kept coming back to the arcades and pizza parlors—which housed the alluring machines—for more. *Space Invaders* then begat *Asteroids*, another death-in-space game, which in turn begat *Pac-Man*, a little yellow trencherman that has gobbled its way into popular culture.

These games did not, however, remain only in pizza parlors and arcades. Indeed, like zealous invaders from another galaxy, they have, in a variety of forms, taken over a goodly number of American family rooms.

You might think that, as with any other "novelty," the fever over electronic games would soon subside. But these playthings, as fascinating to adults as children, seem much more than passing novelties. In fact, it's quite possible that, over the next decade, a majority of our family-type games will come to involve computers and electronics. Even traditional and popular games, such as *Monopoly*, can this year be purchased in an electronic version.

"The playing of electronic games is the fastest-growing hobby in the world," maintains Arnie Katz, the editor of *Electronic Games* magazine. "Some 25 million people in the United States spend a significant amount of time in the activity." Arcades, Katz adds, are booming, but the real explosion for the electronic-game business will come in the American home, for, despite all that's been heard and said about Atari, Odyssey and Intellivision, says Katz, "only 14 to 15 percent of the households in this country have a video-game system."

Electronic-games manufacturers expect in 1982 to sell roughly $2 billion worth of home-video products—computer units that play game cartridges and connect to your TV—and $1 billion in "stand-alone" games, usually hand-held versions of popular arcade games. There are also home computers that can double as game machines.

Until this year, selecting a system, or game, was relatively simple. "Now there are something like 15 companies making game cartridges for the home systems," says Katz. "There's a new pair of video systems just on the market that we call 'Third Wave,' in that they have more computer memory and better graphics than anything seen outside of an arcade." And then there's an intriguing hybrid that is part stand-alone, since it has its own screen; part arcade game, in that the screen allows for three-dimensional movement; and part home video, in that it accepts cartridges and can therefore play many games.

Choosing between video systems, stand-alones, the surfeit of cartridges and computerized board games could well be an apoplectic chore for Santa. To help him out, following is a brief guide to the world of zapping space raiders and chomping legions of Pac-Men:

Some 25 million people in the United States help to make the playing of electronic games the fastest-growing pastime in the world.

Home-Video Systems

The ability to produce good graphics on a televison screen, along with memory—which also means power and sophistication—is the key to performance in a home-video system. And there are, says Arnie Katz, distinct categories among such systems. "First you have small memory units," he says, "then what we call the senior systems and finally, of course, the Third Wave."

Until this year, there have only been four home-video computer-games systems one could buy. The biggest seller has been Atari's VCS,

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a small memory unit that nevertheless kept the action going with superior joystick-style controls. Following behind in sales has been Mattel Electronic's Intellivision, a senior system that has excellent graphics and a great variety of game cartridges. There have also been two other systems available: the Odyssey II, with small memory, and Astrocade, a senior. In 1982, however, the competition is heating up.

Because of its built-in name recognition, the Atari 5200 may get a quick jump in the race between Third Wave units. With a suggested retail price of $269.95 (the Atari VCS can often be found for around $120), the Atari 5200 will use an updated and enhanced menu of cartridges, including most of the old favorites such as *Pac-Man, Space Invaders, Missile Command* and *Super Breakout*. Old VCS cartridges will not work with the 5200 and vice versa.

Atari has also improved its joystick controller for the 5200, which also features a streamlined console, from which one can turn the system on or switch the television back to normal programming without crawling behind the set, as is the practice with most video systems.

The 5200 is also equipped to accept a voice synthesizer, which should be out by 1983. Voices from the synthesizer will interact with the player.

It may take some time for the word to get around and to make a dent in the lead set by Atari and Intellivision, but perhaps *the best* home-video system to hit the market is ColecoVision, a Third Wave unit that is Coleco Industries' first programmable video-game system. Combining a controller that has the best joystick feature of Atari, the multiple functions of Intellivision and memory that is, for now, unsurpassed, ColecoVision sports strong and action-oriented graphics and games—try *Venture, Donkey Kong* and *Avenger* for a start—that get more exciting as you go along.

ColecoVision, however, is not simply a ColecoVision. ColecoVision can also be an Atari, for one can purchase separately an expansion module that allows the unit to accept Atari cartridges. Another expansion module, moreover, has a steering wheel and gas pedal, so one can have a quite realistic feel while playing *Turbo*, a high-speed driving game.

Initially it was hinted that ColecoVision would retail for around $200. If so, for a system of such high-resolution graphics and exciting cartridges, the price is a bargain.

Do not, however, rule out purchasing an Intellivision, which also retails for around $200, as this system has much more going for it than George Plimpton. One cannot talk about Intellivision without discussing its excellent graphics and the tremendous variety of cartridges Mattel makes for the unit.

Intellivision games come in what Mattel calls networks, as in *Space* Network, Action Network and *Strategy Network*. Some games are fanciful and cute, such as the action-filled *Frog Bog*, where frogs sitting on lily pads try to jump up and eat flying insects without falling into the pond. Day turns to night (the game's way of counting down time), and toward the end of the contest, about all the frogs can eat are fireflies. On the strategic side are games such as *Utopia*, where you rule your own country and try to counter the effects of natural disaster and overpopulation. And then, of course, there is the usual supply of shoot-em-up cartridges (*Star Strike* is one of Intellivision's most popular games), the staple of video games.

Intellivision has also added a voice synthesizer to its line, a simple device that plugs into the main component. For use with special games, such as *B-17 Bomber*, the voice gets members of your "crew" into the game, warning of bandits at 12 o'clock and heavy flak.

Odyssey II has also added a voice feature to some of its games, to be played when you attach a voice and sound module to your main unit. This voice, according to Odyssey, will have an unlimited vocabulary; anything you type into the Odyssey's keyboard (which looks like a typewriter) can be audibly reproduced.

"On the low end of the price scale will be a new video system called Arcadia 2001," explains Katz. "It's made by the people who make the Emerson radios." It should retail for around $99.

Cartridges

Also known as "software," the cartridges are what make a video game sing. And it is in the software part of the field where video companies are playing hardball. "Since

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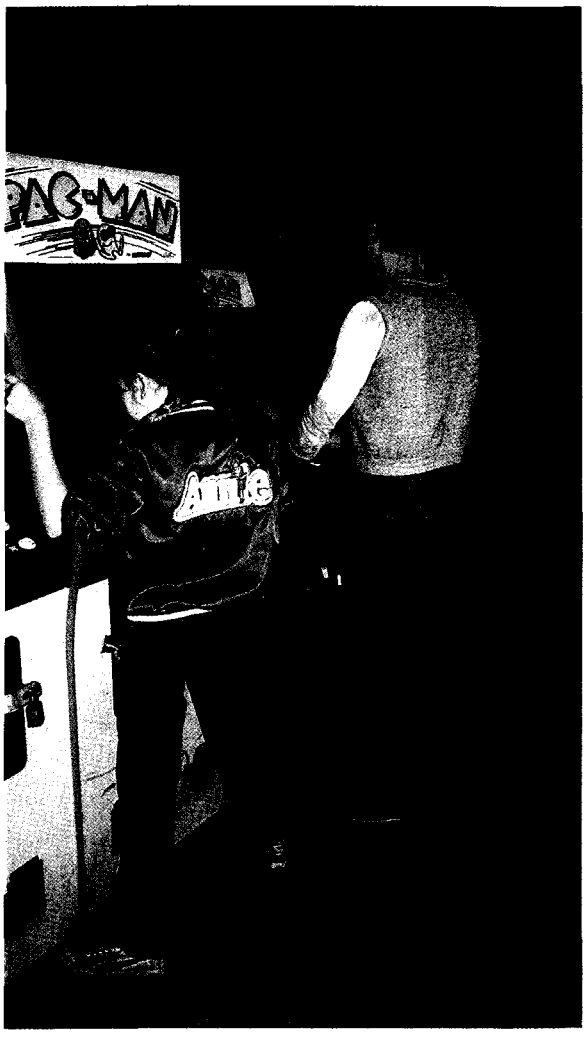


The arcade addict will have no trouble finding computer products on the market that will bring the same excitement found in arcade games through his home television set.

it's much tougher and expensive to enter the video-computer market," explains Katz, "companies look at the software as a good way to get into the business."

Home cartridges are often based on popular arcade games or on anything that seems to have some consumer recognition. ColecoVision, for example, has come out with a couple of Smurf cartridges, capitalizing on children's mania for the little blue cartoon creatures. Parker Brothers has developed the popular *Frogger* for the Atari system, as well as a version of *Star Wars*: *The Empire Strikes Back*. Atari has pulled off a coup by getting the rights to create a game billed as *Raiders of the Lost Ark* and one called *ET*. How close these are to the events of the popular movies is probably irrelevant.

Basic game designs are, however, trademarked, copyrighted and zealously protected by the original designers. But licensing and cross-licensing have run wild, with Mattel making games for Atari—under the label M Network—and other companies making games for both. One firm, called Activision, has produced some excellent cartridges, as has a new company called Imagic, which produces super-challenging and high-performance games for Atari and Intellivision.

About the only advice one could give on cartridges is try them out.

Hybrid

There is no other way to describe General Consumer Electronic's Vectrex, a sort of a stand-alone that brings arcade-quality games into the home. Retailing for approximately $200, the Vectrex Arcade System comes with its own nine-inch diagonal black-and-white television screen, with inner workings that produce many of the effects found in heavy-duty arcade games, such as three-dimensional rotation, zooming-in objects and other eye-dazzlers.

The Vectrex controls are also as responsive as those in arcades, which, of course, makes them far better than you'd find in home videos. If the unit has a weakness, it's that the cartridges available so far are generally of the shoot-em-up vein. But for shooting up the cosmos, Vectrex is tough to beat, particularly with its *Star Trek* cartridge.

Stand-Alones

Coleco Industries is again a winner in the field, with engaging, hand-held versions of the arcade games *Frogger, Pac-Man, Donkey Kong* and *Galaxian*. All have brilliant, multicolor displays and built-in joysticks that offer precise control. Light and portable, these will cost roughly $70 each.

Another company with new stand-alone and hand-held games is Entex Industries, which has just brought out a unit called *AdventureVision*, a stand-alone that is smaller than a Vectrex, larger than any of ColecoVision's units, yet plays a number of cartridges. AdventureVision will sell for around $75, with cartridges costing about $15 each.

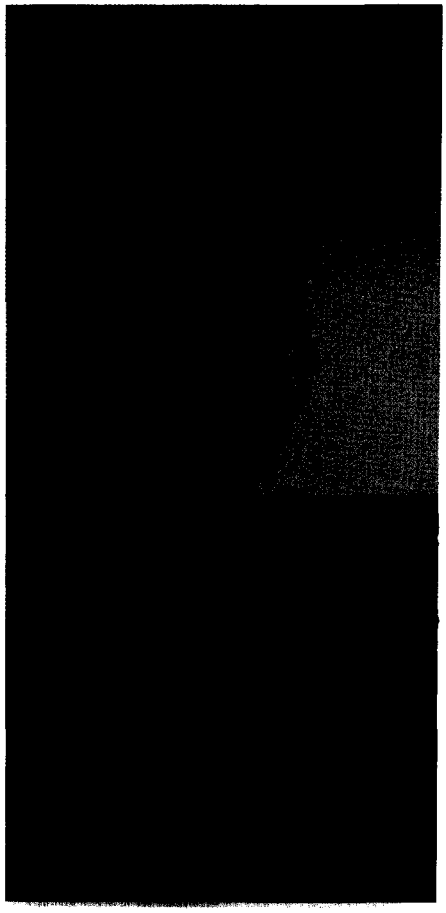
Entex has also come up with several hand-held games, such as *Defender* (the *Defender* game, it should be noted, pops up as an Atari video computer cartridge, too), *Super Cobra, Turtles* and *Crazy Climber*. Each of these will cost about $50.

"Tomy also makes some good games," says one video expert, "such as *Cosmic Combat, Scramble* and the *Tron* game, based on the Disney movie *Tron*."

One should, however, be wary of cheap hand-held games, for they tend to break down quickly.

Electronic Board Games

"Over the last ten to 15 years, the traditional kind of board game, such as *Monopoly, Scrabble* and *Battleship*, has changed," says Katz. "We've seen more and more board games coming out with war and battle themes or with complex role-playing contests. And it is these



Electronic-games manufacturers expect 1982 to show sales of some $2 billion worth of computer units that play game cartridges and connect to the television.

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games that are most suitable to being computerized."

Is this a concession by the board-game industry or merely an adaptation to the times? It seems that if you can't fight them, arm yourself with silicon chips and join the fray. So it goes with board and other popular nonelectronic games.

One of the main problems with complex battle games is record-keeping, and using a computer instead of a pencil and pad leaves much more time for strategy. "Then there are games where you need four or five people to do it right," says Katz, "and it's sometimes hard to find that many participants. With a computer, you can play alone against it."

Electrified and computerized games, such as the new addition to *Monopoly*, are generally tools for speeding up slow play. Still, electronic games can be noisy, where a quiet board game is the stuff of reflective thought.

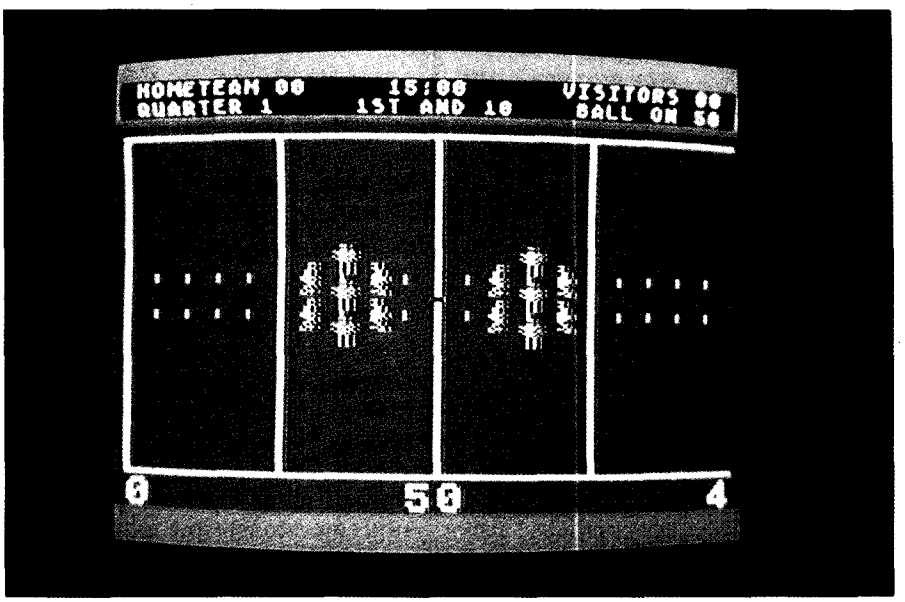
And though electronic chess, for example, is fine when no one else is around, beating the computer rarely offers the satisfaction of beating a friend whom you have never before whipped.

For years, kids played Milton Bradley's *Battleship* without the sound of beeping sonar; whether you scored a hit on your opponent often rested on his honesty. Well, not that kids are dishonest, but with the new electronic battleship, the computers let everyone know that a torpedo has just bit iron in the side of an aircraft carrier.

Milton Bradley has also added electronics to its long-time top seller, *Stratego*. By computerizing such games, the progress of the play is moved along a bit quicker and strategy becomes more intricate. And the game, moreover, comes to life. In *Electronic Stratego,* synthesized sound includes drum rolls, fanfares, battle overtures. In fact, the *1812 Overture* music and a cannon blast signal the enemy's flag has been captured and the game is over.

And finally, there is Parker Brother's *Monopoly Playmaster*, the result of two years of consumer research and testing. Why mess with a good product? Well, anyone who has played *Monopoly* knows it moves with the speed of dry mud, so the computer helps keep the game at a faster pace, electronically rolling dice, auctioning off unowned property and buying property and lending money. Like *Stratego*, tunes are played: "I've Been Working on the Railroad," of course, means one has landed on one of the railroad squares; "Taps," obviously, is sounded for the player who finds himself bankrupt.

Well, buying *all* these games would probably bankrupt any Santa, but rarely have consumers been offered such a wide and diverse choice. There are, to be sure, nonelectronic, noncomputerized toys available; Teddy Bears, you see, are better off containing only stuffing. For a lot of children, however, Christmas morning is going to be one electric moment in 1982!



With 15 or more companies churning out electronic games for the thousands of home systems, jolly old Saint Nick may find his gift-giving circuit overloaded this season.

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THE GLORY OF MESSIAH

The mysteries surrounding Handel's Messiah *remain, but the echo of its immortal strains through the ages is loud and clear.*

by Peter Jacobi

The scene can be almost any church or hall for music or town auditorium. Come Christmas, and there's likely to be a performance. The scene can be almost any record store, except perhaps one catering merely to current crazes. Come Christmas, and there's likely to be a display. A performance of *Messiah*; a display of *Messiah* recordings; and a rush to watch and listen, to participate, to purchase.

In the United States and England, at the very least, Handel's *Messiah* has become clearly the most popular, performed, recorded and listened to choral work, not merely for those who celebrate Christmas but for those who celebrate music.

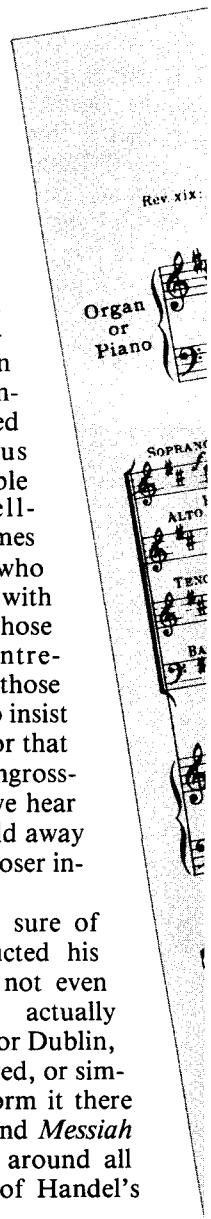
It was not always thus. Its popularity had to be won over time. Its attachment to the year-ending holiday season just sort of happened. In earlier years, particularly during Handel's lifetime, *Messiah* performances were more likely to occur at Easter. After all, it deals not only with birth but with Resurrection.

And the work deals not merely with faith but in beauty. It's as easy to get swept up in the glory of its sound as it is to be taken by its message.

"I did think I did see all Heaven before me and the great God Himself." So Handel reportedly reacted to his *Messiah*, suggesting it was the product of fevered inspiration. Well, the pace of his work had certainly been feverish. He had completed this mammoth project in just 24 days. But musicologists doubt the origins of that famous statement, as well as the claim passed down through the years that in the rapturous devotion of composing *Messiah* Handel would take no food. The skeptics argue that delirious emotionalism doesn't fit the Handel mold. They say too much method and too much memory were called into action, too much intense concentration.

Does it really matter? To the scholar it does, of course, and it should. But ultimately, Handel's state of mind while composing this supreme masterpiece—and few would deny *Messiah* that honorific—will probably never be known, although scholars will continue trying to find out. At least in print he said very little about himself, preferring to remain a private man while also being a very public personality. He left few letters. He confided in few friends. He did not marry. He left no family. We have many documents about his life, but mostly about his professional activities. We have little revealing the personal details that make biographies so savory.

Perhaps no other composition radiates as much light as does *Messiah*. Yet its composition and its composer remain somewhat shrouded in mist. The controversy in musical circles about which and what is the true *Messiah* alone hints at the difficulties in exploring the background of this marvelous piece of music. We know Handel changed the work from performance to performance, to please his librettist, to serve his changing cast of singers and instrumentalists and probably to meet the limitations of various auditoriums. And although the work was first performed in 1742, the engraved plates required to print the score were not completed until 1749; the score was not published until 1767, after Handel's death. For a time the so-called legitimate scores were lost, as interest in Handel languished, or abandoned, as performance patterns altered Baroque works into more grandly scaled Romantic recreations. We know Mozart reshaped the reorchestrated *Messiah* for his time and taste, and even today, some conductors favor altered versions to the original. The original itself is often filtered through the considerations of more recent musicological scholars, partly out of necessity because Handel, in haste and in circumstance and in the tradition of his age, didn't orchestrate and mark exactly how he intended the music to be performed.



Even when a composer fully instructs the performer on how the notes should be played or sung, interpretation in music remains individual. But when the composer leaves scanty instructions, the interpretive possibilities become even greater. And the confusion is compounded by having various scores of debatable authenticity; well-meaning but sometimes misguided experts who fiddle and meddle with one or another of those originals; and entrepreneurs of music, those who sell tickets, who insist that larger is better or that different is more engrossing. Clearly, what we hear today may be a world away from what the composer intended.

We can never be sure of how Handel conducted his own work. We do not even know whether he actually composed *Messiah* for Dublin, where it was premiered, or simply decided to perform it there first. The mist around *Messiah* remains, as it does around all but the basic facts of Handel's life and death.

Even his name is in question.

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Georg or George. Friedrich or Frederick or Frideric. Handel or Haendel or Hendel or Hendtler, or Handeler—the family at one time or another used all those versions of the last name. At birth, he was Georg Friedrich Handel. From age 34 on, he signed everything George Frideric Handel—an Anglicized first name, a semi-Anglicized middle name, a dropped umlaut in the last.

For years people believed the composer was born in a particular house in Halle, which was kept decorated with garlands and ribbons of evergreens and had the name of his oratorios inscribed. Then they discovered that he actually was born in the house next door.

But for us listeners to *Messiah*, all controversy recedes. Handel's inspiration or concentration inspires us, leaves us fulfilled, cleansed, exalted or, at the least, relaxed. *Messiah* has become so much a part of our tradition that the Jew can relish the work as much as the Christian, the passively devoted as much as the truly devout, the agnostic as much as the faithful. Surely that results in part from music that speaks to us all, from song that lifts our spirit. Sir Thomas Beecham, who as a devotee conducted *Messiah* as well as Handel's other oratories, noted in his memoirs: "Since his time, mankind has heard no music written for voices which can even feebly rival his for grandeur of build and tone, nobility and tenderness of melody, scholastic skill and ingenuity and inexhaustible variety of effect."

Yet who would deny that we

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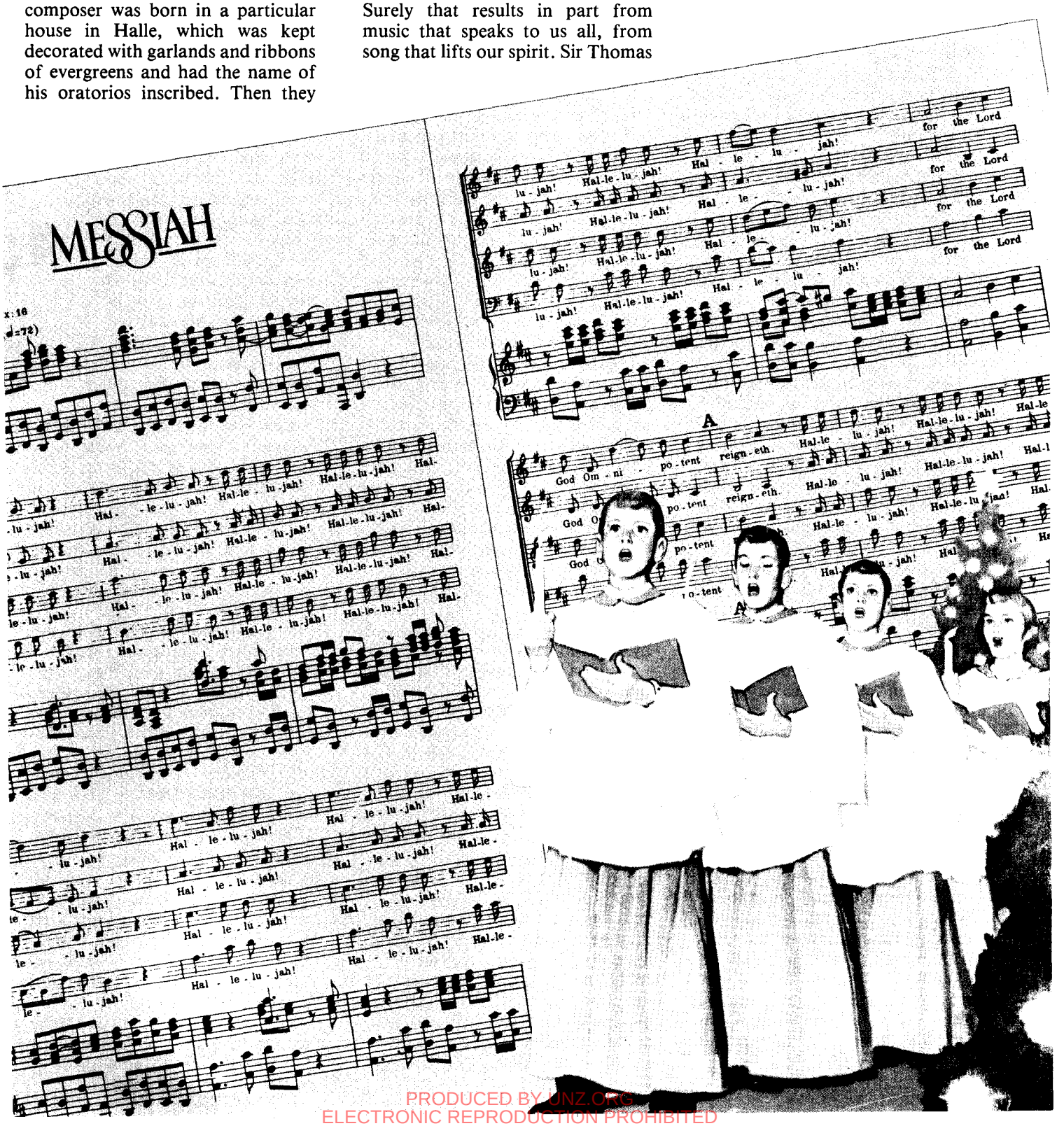
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CHRISTMAS SHOPPING: A SURVIVOR'S GUIDE

So you think you're going to celebrate Christmas in the old-fashioned way at home. . .well, forget it!

by Dave Barry

Illustrated by Don Trawin

Once again, we come to the Holiday Season, a deeply religious time that each of us observes, in his own way, by going to the mall of his choice.

In the old days, it was not called the Holiday Season; the Christians called it "Christmas" and went to church; the Jews called it "Hanukka" and went to synagogue; the atheists went to parties and drank. People passing each other on the street would say, "Merry Christmas!" or "Happy Hanukka!" or (to the atheists) "Look out for the wall!"

These days, people say "Season's Greetings," which, when you think about it, means nothing. It's like walking up to somebody and saying "Appropriate Remark" in a loud, cheerful voice. But "Season's Greetings" is safer, because it does not refer to any actual religion. Some day, I imagine, even "Season's Greetings" will be considered too religious, and we'll celebrate the Holiday Season by saying, "Have a nice day."

Some of you may be unhappy with this dereligionizing of the Holiday Season, and you may have decided that, this year, you're going to celebrate it the old-fashioned way, with your family sitting around stringing cranberries and exchanging humble, handmade gifts, like on "The Waltons." Well, you can forget it. If everybody pulled that kind of subversive stunt, the economy would collapse overnight. The government would have to intervene: It would form a cabinet-level Department of Holiday Gift-Giving, which would spend billions and billions of tax dollars to buy Barbie dolls and electronic games, which it would drop on the populace from Air Force jets, killing and maiming thousands. So, for the good of the nation, you should go along with the Holiday Program. This means you should get a large sum of money and go to a mall.

Unless you live in Indonesia, there should be several malls within five miles of your home. It makes no difference whatsoever which one you go to: Under federal law, all malls in the United States must have the same 42 chain stores. You have your chain bookstores, your chain clothing stores, your chain shoe stores, your chain restrooms, your chain electronic-game arcades.

The basic idea behind malls is that they are more convenient than cities. Cities contain streets, which are dangerous and crowded and difficult to park in. Malls, on the other hand, have parking lots, which are also dangerous and crowded and difficult to park in, but—here is the big difference—in mall parking lots, *there are no rules*. You're allowed to do anything. You can drive as fast as you want in any direction you want. I was once driving in a mall parking lot when my car was struck by a pickup truck being driven *backward* by a squat man with a tattoo that said "Charlie" on his forearm, who got out and explained to me, in great detail, why the accident was my fault, his reasoning being that he was violent and muscular, whereas I was neither. This kind of reasoning is legally valid in mall parking lots.

So when you get to the mall for your holiday shopping, the first thing to remember is that you should not park in the parking lot and walk to the mall buildings, because you will probably be killed. Instead, drive your car right up to and, if possible, right into, the mall building. This is perfectly legal; people do it all the time. In almost every mall I've ever been to, the corridors were littered with cars, recreational vehicles, snowmobiles and motorboats left by smart parkers.

Once you're safely in the mall, you should tie your children to you with ropes so the other shoppers won't try to buy them. Holiday shoppers have been whipped into a frenzy by months of holiday advertisements, and they will buy anything small enough to stuff into a shopping bag. If your children object to being tied, threaten to take them to see Santa Claus; that ought to shut them up.

Now you're ready for the actual shopping. Your goal should be to get it over with as quickly as possible, because the longer you stay in the mall, the longer your children will have to listen to holiday songs on the mall public-address system, and many of these songs can damage children emotionally. For example: "Frosty the Snowman" is about a snowman who befriends some children, plays with them until they learn to love him, then melts. And "Rudolph the Red-Nosed Reindeer" is about a young reindeer who, because of a physical deformity, is treated as an outcast by the other reindeer. Then along comes good, old Santa. Does he ignore the deformity? Does he look past Rudolph's nose and respect Rudolph for the sensitive reindeer he is underneath? No. Santa asks Rudolph to *guide his sleigh*, as if Rudolph were nothing more than some kind of headlight with legs and a tail. So unless you want your children exposed to this kind of insensitivity, you should shop quickly.

Here is a very efficient shopping method: Divide the amount of money you have by the number of

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people on your gift list to get an average dollar amount per person. So if you have $160, and you want to buy gifts for 10 people, your average is $16 per person. Now find something that costs $16, and buy 10 of whatever it is. You'll find many useful gifts in this price range; for example, you could get 10 family-sized bottles of vitamin B. Everyone, young and old alike, can use vitamin B, and your children are sure to shriek with delight when they find it under the tree.

If you want to buy gifts that are a little more personal, you should follow these guidelines:

Gifts for Men

Men are amused by almost any idiot thing—that is why professional ice hockey is so popular—so buying gifts for them is easy. But you should never buy them clothes. Men believe they already have all the clothes they will ever need, and new ones make them nervous. For example, your average man has 84 ties, but he wears, at most, only three of them. He has learned, through humiliating trial and error, that if he wears any of the other 81 ties, his wife will probably laugh at him ("You're not going to wear *that* tie with that suit, are you?"). So he has narrowed it down to three safe ties, and has gone several years without being laughed at. If you give him a new tie, he will pretend to like it, but deep inside he will hate you.

If you want to give a man something practical, consider tires. More than once, I would have gladly traded all the gifts I got for a new set of tires.

Gifts for Women

Again, you should avoid buying clothes, but not because women don't like clothes. The problem is sizes. First of all, women's clothing sizes don't mean anything. Suppose you're looking at a dress, and the tag says it's a size 14. You could measure that dress with every known measuring instrument, checking for every known unit of measurement, and you would never find any dimension that was 14 anythings long. Not only that, but you would never find any dimension that corresponded to the same dimension on any other size-14 dress. Not only *that*, but chances are you would never find any woman in the entire world who would admit to being a size 14.

Another problem is color. Women do not see color the way men do. Suppose several women are in a paint store, looking at a sample of orange paint. The paint-can label may say "orange," and the paint may appear obviously orange to a male, but the women will never use the word "orange" to describe it. They will say things like: "It has a lot of blue" or "It's much too gray." Don't ask me to explain it. All I know is, if a women tells a man she'd like a green scarf for Christmas, he'll go out and buy a scarf that he believes to be green, based on his concept of "green," which he got from crayons in the second grade. She will look at the scarf as if it were covered with maggots, then show it to her friends and say: "I asked Harold for a green scarf, and just *look* at what he got me." They'll all have a good laugh, and she'll return it.

So the safest gifts for women are expensive little bottles of colorless liquids, which are sold at cosmetic counters under names such as "Eau de Water" and "Endless Night of Heavy Petting."

Gifts for Children

This is easy. You never have to figure out what to get for children, because they will tell you exactly what they want. They spend months and months researching these kinds of things by watching Saturday-morning cartoon-show advertisements. Make sure you get your children exactly what they ask for, even if you disapprove of their choices. If your child thinks he wants Murderous Bob, the Doll with the Face You Can Rip Right Off, you'd better get it. You may be worried that it might help to encourage your child's antisocial tendencies, but believe me, you have not seen antisocial tendencies until you've seen a child who is convinced that he or she did not get the right gift.

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LUTHERANS—MISSOURI SYNOD LOOKING AHEAD

For "people who never got out of the Bible," the Missouri Synod Lutherans are employing surprisingly progressive methods to further their traditional ways.

by Ross Irwin

"Computers, nonbroadcast video, word processors and satellite interconnections are gifts of God to the church," says Dr. Ralph A. Bohlmann, president of the Lutheran Church—Missouri Synod. Such a view is provocative coming from the leader of a traditionally conservative denomination, yet it indicates that he is championing innovative methods of spreading Biblical teachings through emerging technologies.

"There isn't as vast a difference between innovation and tradition as is sometimes commonly thought," says Bohlmann, who encouraged Concordia Seminary to use Control Data Corporation's computer-taught Greek and Hebrew language courses.

The Lutheran Church—Missouri Synod (whose name comes from its American beginnings in the state of Missouri) is a worldwide church with a total of some 9,000 groups of worshipers in 33 countries. Its 2.7 million North American members make it the second-largest Lutheran denomination.

None of these members would deny that their church has a great respect for its roots, its confessional heritage, its tradition. But its unique character can be seen in the way in which it is both innovative and traditionalist—a seeming contradiction, but for the Missouri Synod a way of life that can be documented throughout its 135-year history.

On the traditionalist side, one can point to the conservative theology, centrality of the local congregation, nonactivist involvement in government, concern for the family, the strongest prolife position of any denomination and a firm stand in favor of traditional values. Yet, the Synod's old-fashioned image is belied by its many new approaches in education, social ministry, publishing and mass communications.

Centrality of the local congregation—one of the many strong traditions present throughout the Missouri Synod—and the importance of worship are typified by worshipers at Resurrection Lutheran Church, located in Garden City, New York.

A recent illustration is the $1 million commitment to the Nehemiah Plan in Brooklyn, where the Synod has joined other denominations in a redevelopment effort "unmatched in the city of New York" to convert a burned-out neighborhood to 5,000 single-family homes.

Another example is intensive national tooling-up of Lutheran social-ministry agencies under the "Caring, Especially Now" program, a response to the government's request for more private-sector involvement in meeting the needs of financially depressed people.

Last year, the Synod became the first to officially urge its members to donate human body organs at death. Medical groups had tried for 25 years to obtain denominational endorsement for this program. The Synod's enthusiastic support has already increased the supply, according to Jim Warren, spokesperson for the National Kidney Foundation in New York.

In his first term as LCMS president, 50-year-old Bohlmann is himself an example of the innovative traditionalist so frequently found in the Missouri Synod. A pastor's son from the heavily Lutheran state of Nebraska who loved to read and participated in high school dramas, he spent most of his life in the Synod's system of elementary schools, colleges and seminaries. Yet, he holds a Yale doctorate, studied at Heidelberg as a Fulbright scholar and has lectured and par-

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ticipated in ecumenical activities around the world.

Along with the members of his Synod, whom some refer to as people who never got out of the Bible, he is deeply committed to a simple-sense understanding and acceptance of the words of Scripture. He feels that the primary message of the Scriptures is the Gospel of Jesus Christ, the good news of our salvation in Christ.

Christian education for members of all ages continues to be important to the Missouri Synod. An array of Sunday School and Bible class opportunities is standard fare. Dedication to Christian education for the younger generation can be seen in the fact that their congregations operate the largest elementary and secondary school systems of any Protestant denomination in the nation.

To provide Christian higher education, the LCMS operates 16 colleges and seminaries that enroll more than 8,000 students. Most of the campuses carry the name "Concordia," a term meaning harmony.

Uninvolved in denominational mergers, the Lutheran Church—Missouri Synod has been enriched as smaller Lutheran groups have joined it. Recently, three other Lutheran denominations in America announced plans to form a major church body. Because of differences in doctrine and practice, the Missouri Synod was not part of the merger plans. Nevertheless, the Synod continues to cooperate with these churches through membership in the Lutheran Council in the USA and in such ministries as service to the military and the resettlement of refugees.

Traditional Lutheran beliefs concerning the authority and interpretation of Scripture are very important to the members of the Missouri Synod. In the late 1960s, a controversy concerning these beliefs emerged. Following a decade of soul-searching that resulted in the walkout of most faculty members and students from the St. Louis seminary and the eventual departure of slightly more than 100,000 members, little evidence of the controversy remains. (For example, enrollment at that seminary has made a complete recovery, to more than 700 students.) Observers say this was the first time a major denomination turned back a liberal trend and embraced its founding doctrine.

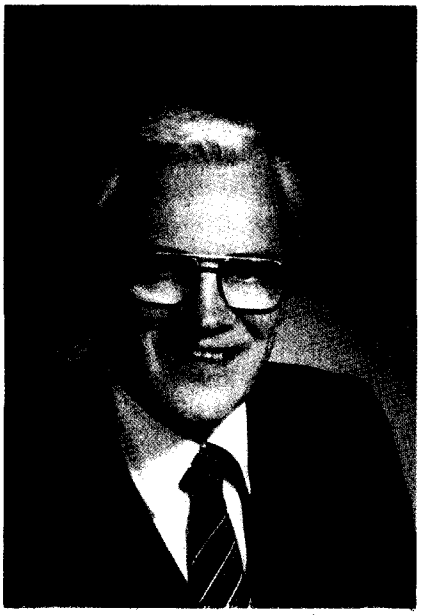
Perhaps because of the traditional desire of Lutheran congregations to concentrate on the study of Scripture, the preaching of the Word and the administration of the Sacraments, Lutheranism does not have a high public visibility, despite a worldwide numerical strength that makes it the largest Protestant grouping. But if the public recalls anything about American Lutheranism, it's likely to be a product of the Lutheran Church—Missouri Synod.

There's the 50-year-old "Lutheran Hour" radio program that is heard in more than 100 nations and which, during the throes of World War II, made famous the voice of its founder, Dr. Walter A. Maier. "Lutheran Hour" was an outgrowth of the establishment of a Lutheran radio station in St. Louis, KFUO, which broadcasts to this day and is the world's oldest religious radio station.

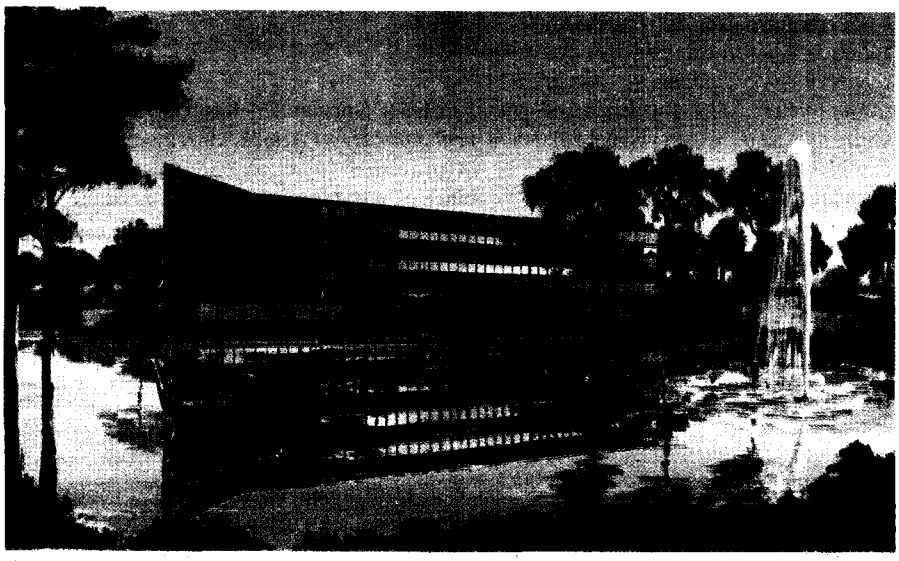
People identify the name of the current "Lutheran Hour" speaker, Dr. Oswald Hoffmann, more often than that of any other Lutheran leader. The dynamic 69-year-old Hoffmann is one of a kind, with charisma all the way down to his hearty belly-laugh. Hoffmann occasionally tells crowds of worshipers at rallies that reason why the Biblical text he has just read might not sound quite familiar. It's because he has given it a "fresh" translation as he read from the New Testament he is holding that is printed in Greek.

The Synod is also recognized for its communication expertise in other areas: the third-largest Protestant publisher, Concordia Publishing House, whose Arch Books series for children have sold 34 million copies; the extensive Braille volunteer network that makes devotional materials for the blind, employing the

continued on page 110



Dr. Ralph A. Bohlmann, ninth president in the 135-year history of the Lutheran Church—Missouri Synod, champions innovative methods of spreading Biblical teachings throughout this traditionally conservative denomination.



Headquarters are located in the church's International Center, a new building in the St. Louis suburb of Kirkwood, where 300 workers carry out a number of service functions for the Synod's 2.7 million members. This architectural rendering shows the building that is scheduled to be officially dedicated next February.

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HYPERTENSION ISN'T WORTH ITS SALT

Though the salt we guzzle daily may not bring us to the fate of Lot's wife, hypertension can be just as fatal.

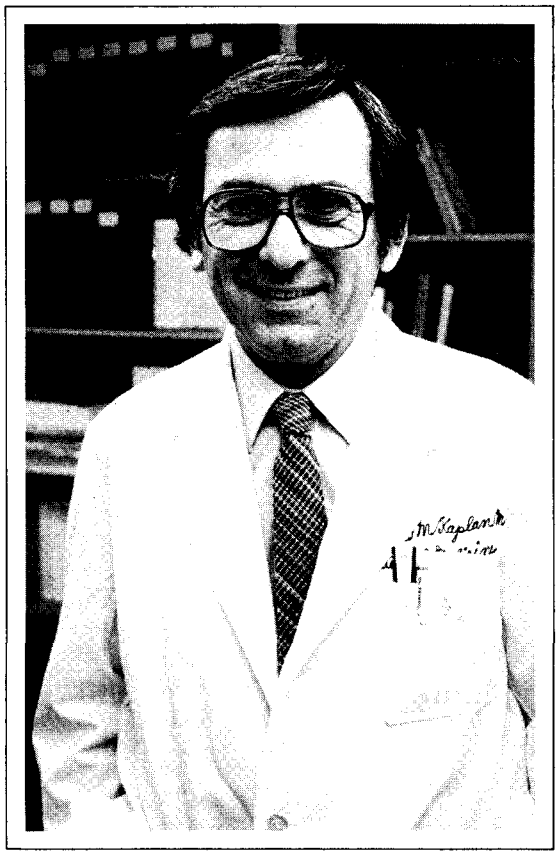
by Norman Kaplan, M.D.

High blood pressure (hypertension) afflicts more than 40 million Americans. As one of the three major risk factors for early vascular disease, along with high cholesterol and cigarette smoking, it is responsible for many heart attacks, strokes and kidney problems.

Unfortunately, the cause of most hypertension is unknown. But there is strong circumstantial evidence incriminating an excessive intake of sodium, mainly as table salt (sodium chloride).

The trigger that sets off the process of hypertension is unknown, but the most plausible theory is that it starts by the slow retention by the kidneys of a small quantity of the large amount of sodium we eat daily. Presumably, the defect in kidney function is hereditary, since this form of hypertension tends to occur twice as often in children of hypertensive parents. Over many years, the buildup of sodium (and water) overfills the circulation and causes the pressure to rise. In an attempt to protect themselves from the heightened pressure, arteries become thicker. This, in turn, limits their capacity and further raises the pressure.

Theorizing that the cause of hypertension involves the slow retention of sodium, it follows that if little sodium is eaten the blood pressure may not rise, even if the kidney defect is present. The frequency of hypertension is decidedly lower in certain primitive groups of people scattered around the world who do not eat the excessive amounts of sodium that we, the more civilized, have learned to love.



Professor Norman M. Kaplan, M.D., author of *Prevent Your Heart Attack*, cites the high-sodium content in processed foods as one cause of hypertension—killer of more than a million Americans each year.

You are probably now eating about 10 to 15 grams (one-third to one-half an ounce) of sodium chloride a day, approximately two to three flat teaspoonfuls. Most of this is present in the processed (frozen, canned, precooked) foods which comprise the mainstay of our diet. Why do these processed foods contain so much sodium? The most frequently given explanation is that it serves as a preservative. That may have been true before modern refrigeration and air-tight packaging became available, but it is no longer the case. It's there now because we like it, and the food processors, knowing what tastes we like, add the salt. In fact, until a few years ago, they even added large amounts of sodium to baby foods—not for any possible babies' needs but for the mother's taste. They knew that mothers often tasted their babies' food before feeding it to their infants. Infants, born without a need or desire for salt, soon developed a preference for it and thereafter grew into the salt-guzzling adults that you and I now are. In recent years, after the potential harm of this extra sodium was recognized, it has been left out, so perhaps the next generation will have less preference for sodium—and, one hopes, less hypertension.

The amount of sodium added to almost every processed food these days (mostly in the form of benzoate, glutamate or other derivatives) is too little to serve as an adequate preservative. Unfortunately, you are very likely unaware of how much salt is in the foods you eat (see Table 1, "Sodium Content of Some Processed Foods"). Would you believe there's more sodium in an ounce of corn flakes than in an ounce of Fritos? What we need is the labeling of the sodium content of every processed food, but as of late 1982, only about 30 percent of processed foods were so labeled. As an alternative, you can choose fresh, nonprocessed foods, which invariably have less sodium (see Table 2). As long as you don't overuse your saltshaker, your intake of salt will certainly diminish. But

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there's another problem: Virtually every fast-food—the source of more than one-third of the meals we consume—has lots of sodium. One order of three pieces of Kentucky Fried Chicken, mashed potatoes and cole slaw has more than five grams of salt or 2.3 grams of sodium—as much as we should consume in an entire day.

The evidence incriminating our current excessive sodium intake as the cause of hypertension is only circumstantial, but it is impressive:

—As noted, those people who eat little sodium (some less than a tenth of a gram—a few grains a day) have little or no hypertension.

—In general, the more sodium in the average diet, the more hypertension in the population.

—Decreasing the sodium in the diet or removing some of the sodium (and water) from the body by using diuretic drugs will lower the blood pressure.

—Animals can be bred to have a predisposition for hypertension if they are given high-sodium diets. Presumably humans also need the combination of heredity and high sodium intake.

Maybe the evidence doesn't prove the connection, but it's strong enough to call for a general reduction of our sodium intake. Even though only some of us are adversely affected by salt intake, we currently have no way to identify these people beforehand, so the safest course would be for all of us to cut down. We're not looking for a rigidly reduced, no-salt diet, only a moderate restriction to about half of what we're now eating. This can be accomplished by cutting down on highly salted foods and removing the saltshaker from the kitchen and from the table. Not only can that be accomplished with relative ease, it can cause no harm. That's obviously vital, since we should do nothing that could hurt the nonsusceptible majority in order to protect even a large minority.

Even in hot, humid climates, we need very little sodium in our diets. When we first start exercising in such climates, our sweat contains a fair amount of sodium, but in just a few days, processes are set off that cause our body to retain every bit of needed sodium. As long as we're eating a reasonably normal diet, we're sure to get all the sodium that's needed, even during the August preseason football practice in Texas.

Three out of four deaths from smoking are caused by cardiovascular disease, not lung cancer. Smoking, maintaining a high-sodium, high-fat diet, obesity and lack of exercise act together to prime an unsuspecting victim for a heart attack or stroke. For some of our population, salt consumption is a major contributor to hypertension, which leads to hardening of the arteries and undue strain upon the heart.

Moderate Sodium Restriction

We're seeking about a 50 percent reduction in your currently excessive (probably) sodium intake. More rigid sodium restriction may be necessary if you have heart failure or other problems, but most of the benefits relative to hypertension can be achieved with a more modest restriction. Not that more rigid restriction would hurt—and if you're able to cut down further, do so. It's just hard to do, unless you go on a diet virtually free of all processed foods, considering the large amount of sodium that's been added to most of them.

The level we're after is about five grams (5,000 milligrams) of sodium chloride a day. Sodium makes up 40 percent of sodium chloride, so that means a two-gram sodium diet. Sodium content is really what we should be considering, since sodium salts other than sodium chloride are also sources of the sodium that we're trying to reduce.

A number of detailed books are available that you may find useful, including one that's free through your American Heart Association and a number that can be purchased

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"I thought cutting down on salt would be hard. But my wife made it easy."

"Jack's sweet for giving me the credit. Actually, it was his idea to cut down on salt. But I try to help as much as I can by preparing foods that taste great without salt. Jack thinks I did that on my own.

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at most bookstores. They contain specific recipes for low-sodium cooking. The free booklet from the American Heart Association is number EM 58 B, "Your Mild Sodium Restricted Diet," and it contains as much additional information as you'll probably need.

Beyond using specific recipes, there are really only a few general principles you need to follow to achieve our goal: a 2,000-milligram sodium diet. Here are 10 guidelines:

1. Be prepared for a bit of taste letdown for the first few days. A palate that's been overwhelmed for 40 years may take some time to get used to lesser amounts. You may prefer to cut it out gradually, but you'll soon be surprised how much better—and more interesting—many foods taste without the sodium. And after you've killed the salt habit, you'll probably cringe when you inadvertently come across a high-sodium food. You'll wonder how you ever loved mother's chicken soup.

2. Add no salt in the cooking or at the table. And avoid garlic salt, onion salt, celery salt, seasoned salt, sea salt, soy sauce, Teriyaki sauce, MSG, Worcestershire sauce, bouillon cubes—they are full of sodium.

3. Unless you have a kidney disease, you may try salt substitutes that contain potassium, which may be helpful particularly if you're also taking a diuretic pill that tends to remove potassium from your body. Some find pure potassium substitutes (such as CO-Salt, Neocurtasol) somewhat bitter. A reasonable alternative—for the little bit of salt you need—is Morton's Lite-Salt, half sodium and half potassium.

4. Avoid most canned foods, since they have had sodium added in the processing. If you use them, drain off the liquid.

5. Most fresh-frozen foods are low in sodium, but

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SODIUM CONTENT OF SOME PROCESSED FOODS

	Amount	Sodium (mgs)
Tomato catsup	1 tbsp.	182
Frankfurter, beef	1	425
Bologna	2 slices	450
Tomato juice	1 cup	640
Cinnamon rolls	1	630
Chicken noodle soup	10 oz.	1,050
Frozen turkey dinner	1	1,735
Pickle, dill	1 large	1,928

SIMILAR FOODS OF LOW- OR HIGH-SODIUM CONTENT

LOW	HIGH
Shredded Wheat, 1 mg/oz.	Corn flakes, 305 mg/oz.
Green beans, fresh, 5 mg/cup	Green beans, canned, 925 mg/cup
Orange juice, 2 mg/cup	Tomato juice, 640 mg/cup
Turkey, roasted, 70 mg/3 oz.	Turkey dinner, 1,735 mg
Ground beef, 57 mg/3 oz.	Frankfurter, beef, 425 mg

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HELP PREVENT HEART ATTACKS

Reader Survey

Your risk for heart attack and stroke is based upon multiple factors. This questionnaire is designed to help us study the factors which cause some families to be more vulnerable to our U.S. high-sodium/high-fat diet and all-American lifestyle.

1. Age _____ (10-11) Sex: M _____ (12) F _____ (1) (2) Height _____ (13-15) Weight _____ (16-18) Race _____ (19-20) Car

2. Do any of your blood relatives have or have they ever had any of the following? If they died from any of the following, please state approximate age at death.

	(1) Mother	(2) Father	(3) Siblings	(4) Children	(5) Maternal Grandfather	(6) Paternal Grandfather	(7) Maternal Grandmother	(8) Paternal Grandmother	
High blood pressure									21-26
Stroke									27-32
Heart attack									33-38
Kidney disease									39-44
Diabetes									45-50
Heart failure									51-56
Aneurysm									57-62

3. Do you know what your blood pressure is? Yes _____ (1) No _____ (2) 63

4. Have you ever been diagnosed as having high blood pressure? Yes _____ (1) No _____ (2) 64
   If yes, have you ever had treatment for your hypertension? Yes _____ (1) No _____ (2) 65

5. Do you take blood pressure medication? Yes _____ (1) No _____ (2) 66
   If yes, how often? Every other day _____ (1) Once a day _____ (2)
   Twice a day _____ (3) 3 or more times a day _____ (4) 67

6. Do you take diuretics (water pills)? Yes _____ (1) No _____ (2) 68

7. Do you take diet medication? Yes _____ (1) No _____ (2) 69

8. Do you take barbiturates for sleep? Yes _____ (1) No _____ (2) 70

9. Do you take Alka-Seltzer? Yes _____ (1) No _____ (2) 71

10. How often do you have a physical examination?
    More than twice a year _____ (1) Once a year _____ (2) Once every 2 years _____ (3)
    Every 2-5 years _____ (4) Less than every 5 years _____ (5) Never _____ (6) 72

11. How long ago did you have your last complete physical examination?
    Less than 1 year _____ (1) 1 year _____ (2) 2 years _____ (3)
    More than 2 years _____ (4) Never _____ (5) 73

12. When was the last time you had your blood pressure checked? Within the last year _____ (1)
    Within the last 2 years _____ (2) More than 2 years ago _____ (3) Never _____ (4) 74

13. When did you last have a blood analysis? Within the last year _____ (1) Within the last 2 years _____ (2)
    More than 2 years ago _____ (3) Never _____ (4) 75

14. After you had your blood analyzed, were you informed of your:
    cholesterol level? Yes _____ (1) No _____ (2) 76
    triglyceride (blood fat) level? Yes _____ (1) No _____ (2) 77
    HDL/LDL ratio? Yes _____ (1) No _____ (2) 78

15. Does someone in your home take your blood pressure? Yes _____ (1) No _____ (2) 79

16. Do you take your own blood pressure? Yes _____ (1) No _____ (2) 80

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17. Are you subject to any of the following?

	Daily (1)	Weekly (2)	Monthly (3)	Card
Morning headaches				10
Dizziness				11
Blurring vision				12
Ringing in ears				13

18. When did you last have your eyes examined by a physician? Within 6 months _____ 1 year ago _____ 2 2 years ago _____ 3 More than 2 years ago _____ 4 Never 1 _____ 5 14

19. (Women only) Do you take birth-control pills? Yes _____ 1 No _____ 2 15
If yes, how long have you taken them? _____ 16-17 years 1 _____ 18-19 months

20. Can you consciously lower your blood pressure by some technique? Yes _____ 1 No _____ 2 20
If yes, which of the following do you do?
Pray _____ 1
Meditate _____ 2
Practice yoga _____ 3
Exercise _____ 21
Other (specify) 4 _____ 5-8
_____ 22

21. How frequently do you get angry? Often _____ 1 Seldom _____ 2 Very rarely _____ 3 23

22. Do you consider yourself a perfectionist? Yes _____ 1 No _____ 2 24

23. Does your blood pressure tend to go up after you have been sitting for long periods—such as after a long automobile or plane ride? Yes _____ 1 No _____ 2 Don't know _____ 3 25

24. Do you exercise regularly? Yes _____ 1 No _____ 26 If yes, what type of exercise? _____ 27-30
If yes, how often do you exercise? Daily _____ 1 2 to 3 times a week _____ 2
Weekly _____ 3 Monthly _____ 4 31

25. Does your job involve manual labor? Yes _____ 1 No _____ 2 32
If yes, how many hours a day do you do manual labor? _____ hours 33-34

26. Are you overweight? Yes _____ 1 No _____ 2 35
If yes, by how many pounds are you overweight? _____ pounds 36-38

27. Have you ever dieted to lose weight? Yes _____ 1 No _____ 2 39
If yes, did you lose the weight you needed to lose? Yes _____ 1 No _____ 2 40
If yes, have you been able to maintain weight loss? Yes _____ 1 No _____ 2 41
For how long? 1 month _____ 1 6 months _____ 2 1 year _____ 3 More than 1 year _____ 4 42

28. Have you ever smoked? Yes _____ 1 No _____ 2 43 29. Do you smoke now? Yes _____ 1 No _____ 2 44

30. Number of cigarettes smoked per day. _____ 45-46 31. Number of years you have smoked. _____ 47-48

Questions for Smokers

32. If you smoke and drink alcoholic beverages, are your vocal cords visualized by a physician?
Once a year _____ 1 Every 5 years _____ 2 Never _____ 3 49

33. Do you cough? Yes _____ 1 No _____ 2 50 34. If yes, daily _____ 1 weekly _____ 2 51

35. Are you exposed to cigarette smoke from others in your home? Yes _____ 1 No _____ 2 52

36. Number of cigarettes/day smoked by others in your immediate work area? _____ 53-54

37. How many hours a day are you exposed to cigarette smoke from others? _____ 55-56

Questions for Nonsmokers

38. Does your spouse smoke? Yes _____ 1 No _____ 2 57

39. Does anyone other than your spouse smoke in your household? Yes _____ 1 No _____ 2 58

40. Approximately how many cigarettes per day are smoked in your presence at home? _____ 59-60

41. Number of cigarettes/day smoked by others in your immediate work area? _____ 61-62

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42. How many hours a day are you exposed to cigarette smoke? _____ 63-64

43. If you smoked and quit, how many years did you smoke? _____ 65-66
How many cigarettes/day? _____ 67-68 How long ago did you quit? _____ 69-70

44. Do you use salt in cooking? Yes _____ 1 No _____ 2 71

45. Do you add salt to your food? Yes _____ 1 No _____ 2 72

46. Are you on a low-salt diet? Yes _____ 1 No _____ 2 73

47. Do you read labels to avoid foods high in sodium? Yes _____ 1 No _____ 2 74

48. Do you use a salt substitute? Yes _____ 1 No _____ 2 75

49. Do you supplement your diet with any of the following?

	Amount		Frequency: Daily 1	Weekly 2	Monthly 3	Years Taken
Vitamin A		I.U.			16	17-18
B_1 (Thiamine)	10-15	mg.			25	26-27
B_3 (Niacin)	19-24	mg.			34	35-36
B_6 (Pyridoxine)	28-33	mg.			43	44-45
B_{12} (Cobalamin)	37-42	mg.			52	53-54
Folic Acid	46-51	mg.			61	62-63
Vitamin C	55-60	mg.			70	71-72
	64-69					

	Amount		Frequency: Daily 1	Weekly 2	Monthly 3	Years Taken
Vitamin D		mg.			79	10-11
Vitamin E	73-78	I.U.			18	19-20
Lecithin	12-17	mg.			27	28-29
Phos. Chol.	21-26	mg.			36	37-38
Calcium	30-35	mg.			45	46-47
Garlic capsules	39-44	mg.			54	55-56
Other	48-53	mg.			63	64-65
	57-62					

Card

50. Do you eat any of the following foods?

If you had a relative who died from one of the diseases in question 2, before age 60, did that relative eat the following foods? (Please answer as many questions as you can remember.)

	Daily: Yourself	Relative 1	Relative 2	Relative 3	Weekly: Yourself	Relative 1	Relative 2	Relative 3	Monthly: Yourself	Relative 1	Relative 2	Relative 3	
	01	02	03	04	05	06	07	08	09	10	11	12	
Oat bran cereal													66-69
Rolled oats cereal													70-73
Oat bran muffins													74-77
All-bran cereal (wheat)													10-13
High-fiber meals													14-17
Recipes containing garlic													18-21
Fried foods													22-25
Butter													26-29
Margarine													30-33
Milk													34-37
Cheese													38-41
Low-salt cheese													42-45
Polyunsaturated oils													46-49
Saturated fats													50-53
Mustard													54-57
Catsup													58-61
Cured ham/bacon													62-65
Processed meats													66-69
Canned soups													70-73
Frozen dinners													74-77
Fast foods													10-13
Eggs													14-17
Red meat													18-21

Card

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51. Are the vegetables you eat: mostly fresh _____ 1 mostly frozen _____ 2 mostly canned _____ 3 ?22

52. How much milk do you drink each day?
Skimmed: _____ glasses 23
2%: _____ glasses 24
Whole: _____ glasses 25
Other: _____ glasses 26

53. Do you eat fish or poultry more often than red meat? Yes _____ 1 No _____ 2 27

54. How often do you drink alcoholic beverages? Every day _____ 1 2 to 4 times a week _____ 2 28
Once a week _____ 3 Once or twice a month _____ 4 Never _____ 5

55. On the occasions that you drink alcoholic beverages, how many do you usually consume (bottles or cans of beer, glasses of wine, mixed drinks)?
_____ 1 _____ 2 _____ 3 _____ 4 _____ 5 _____ 6 More than 5 29

fold here first

Name _____

Address _____

City/State _____

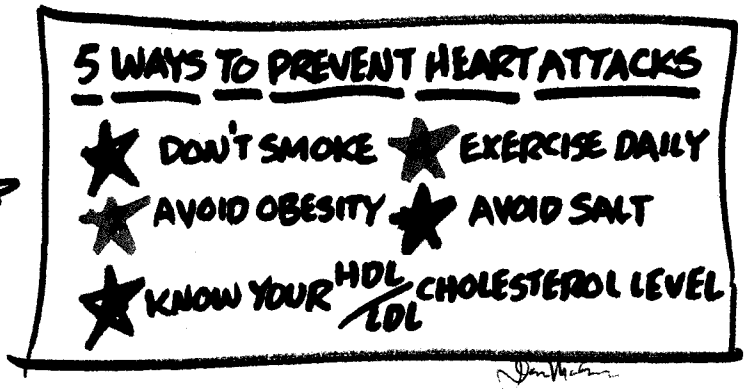
Zip Code _____

(Attach subscriber address label here if available.)

Place Stamp Here

"Help Prevent Heart Attacks" Survey
The Saturday Evening Post
Benjamin Franklin Literary & Medical Society
1100 Waterway Boulevard
Indianapolis, IN 46202

fold here last



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Puritan vs. Cholesterol

In a University Study, 43 families on low saturated fat, low cholesterol eating plans reduced serum cholesterol an average of 9.6% in three weeks. For cooking and salad dressings they used Puritan Oil, because it's low in saturated fats, with no cholesterol.

Q. Who were these people? Experts on nutrition?
A. No. They were ordinary people, a group of families who lived near the University.

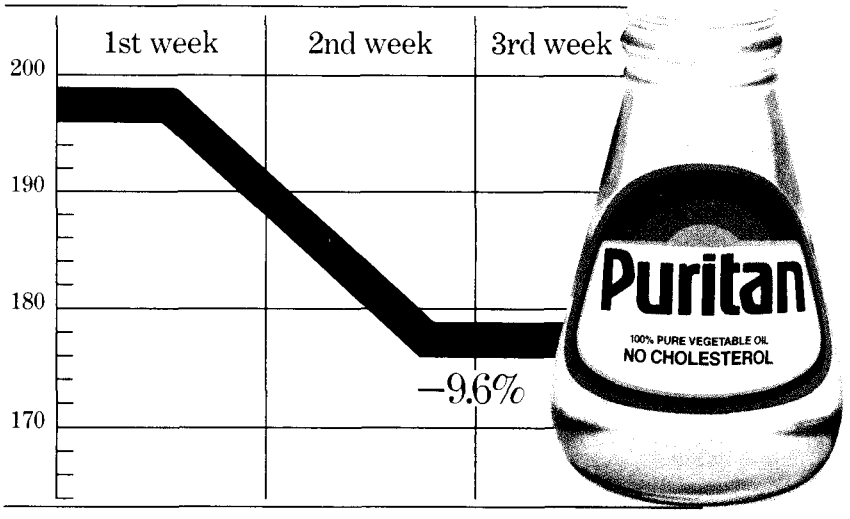
Q. Did the University serve them their meals?
A. No. They were given eating plans and nutritional guidance, but they cooked their own meals in their own homes. Nobody snooped.

Q. How did they get the kids to follow the eating plans?
A. We're not sure! We think it was because the eating plans weren't drastically different from their previous diets. The foods on the eating plans tasted good. And there was no skimping on desserts.

Q. How did these eating plans differ from the average American's diet?
A. The families consumed less cholesterol and saturated fats. They ate more fish, more chicken, more fruits and vegetables. And when they ate meat, they chose veal or lean cuts of beef.

Q. How does Puritan Oil fit into the picture?
A. The families were supplied with Puritan Oil for salads and cooking because Puritan is low in saturated fats and contains no cholesterol.

Q. Would this way of eating work for my family?
A. That was the whole purpose of this University study: to see if average families, eating their meals at home, could lower cholesterol levels. The study seems to say: it *can* be done.



Puritan knows you're fighting serum cholesterol. Puritan wants you to win.

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Hypertension

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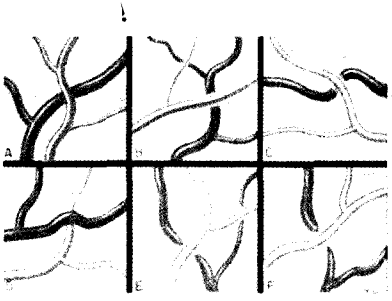
check the label to see if any has been added. Though a few of the low-sodium cookbooks advise that you avoid some fresh "high-sodium" vegetables (beets, carrots, celery, spinach, turnips), that's not really necessary because they really are not "high-sodium."

6. On the other hand, avoid all pickled vegetables and meats. One green olive has almost 100 milligrams of sodium—more than a cup of beets. One medium dill pickle has almost 1,000 milligrams of sodium, half of a full day's supply. As an alternative to these salt mines, use fresh cauliflower or tomatoes or just about any unpickled vegetable.

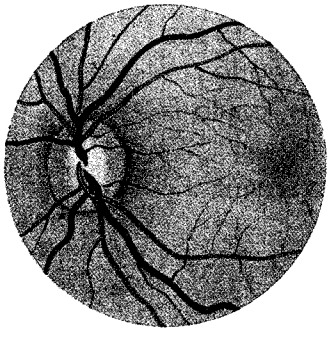
7. Fresh water should be no problem, even in some areas where well water contains a fair amount of sodium. You can hardly drink enough water to get too much sodium from it. But club soda contains from 20 to 40 milligrams per eight-ounce bottle, and you should watch out for bottled mineral waters as well.

8. Beware of some other hidden sources of sodium, including such popular antacids as Alka-Seltzer (521 milligrams of sodium per dose), Bromo-Seltzer (717 mg), Sal Hepatica (1,000 mg) and Bi-So-Gel (420 mg). On the other hand, Maalox, Di-gel, Rolaids and Riopan are quite low in sodium.

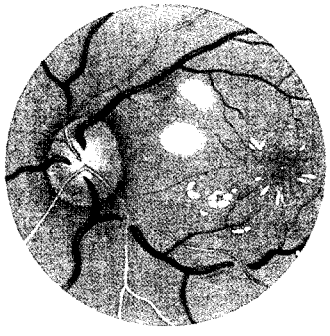
9. And lastly, watch out for most fast foods. Somebody told me the least salty food at McDonald's is the French fries. At regular restaurants, ask for food prepared without lots of sodium, such as individually prepared fish or steak, fresh vegetables, vinegar-and-oil salad dressing and fresh fruit.



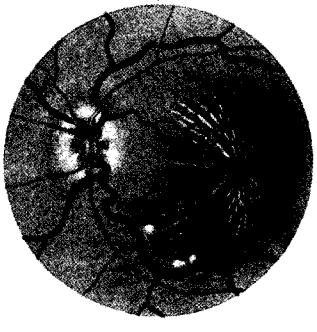
Your doctor can tell a lot about the condition of the vessels in the rest of your body by looking at the small vessels of the eye through the ophthalmoscope. Where a small arteriole crosses a small vein, arteriolar sclerosis can show. Sometimes the doctor will see "nicking" of the vessels. A. illustrates a normal crossing; B. an early arteriovenous compression. C. shows deviation of the vein.; D. shows humping of the vein; E. shows tapering of the vein; and F. shows advanced arteriolar sclerosis with "banking" of the vein.



In a normal eye, the tiny arteries branching from the retina are clearly defined and unbroken.



As hypertension increases, arterioles narrow. The retina is wet and swollen. White reflections are early signs of arteriolar sclerosis.



As hypertension progresses, the white spots widen and vessels take on the look of burnished copper.

A silver-wire look (opaque vessel wall) is the advanced stage of the sclerotic (hardening) process.

A Possible Role for Calcium

Most of our attention about dietary ingredients and hypertension has focused upon sodium and potassium. Too much of the first and too little of the second seem to be involved in causing the blood pressure to go up.

But a series of reports, most of them from Dr. David McCarron, a young researcher in Portland, Oregon, have implicated a dietary deficiency of another common mineral component of the body: calcium. Calcium is an essential component of the body. In addition to serving as the primary component of bone, small quantities of calcium dissolved in body fluids are essential for the function of all cells that contract, including those in the heart and blood vessels.

There is some previous evidence that people who have a higher dietary intake of calcium may have less hypertension and less cardiovascular disease. Dr. McCarron's recent report, published in the journal *Science* (vol. 217, p. 267, 1982), found that a group of hypertensives had definitely less calcium in their diets than did a group of people who were quite similar except for having a normal blood pressure. The dietary consumption of other nutrients, including calories, sodium and potassium, was quite similar in the two groups, but those with high blood pressure reported an average daily

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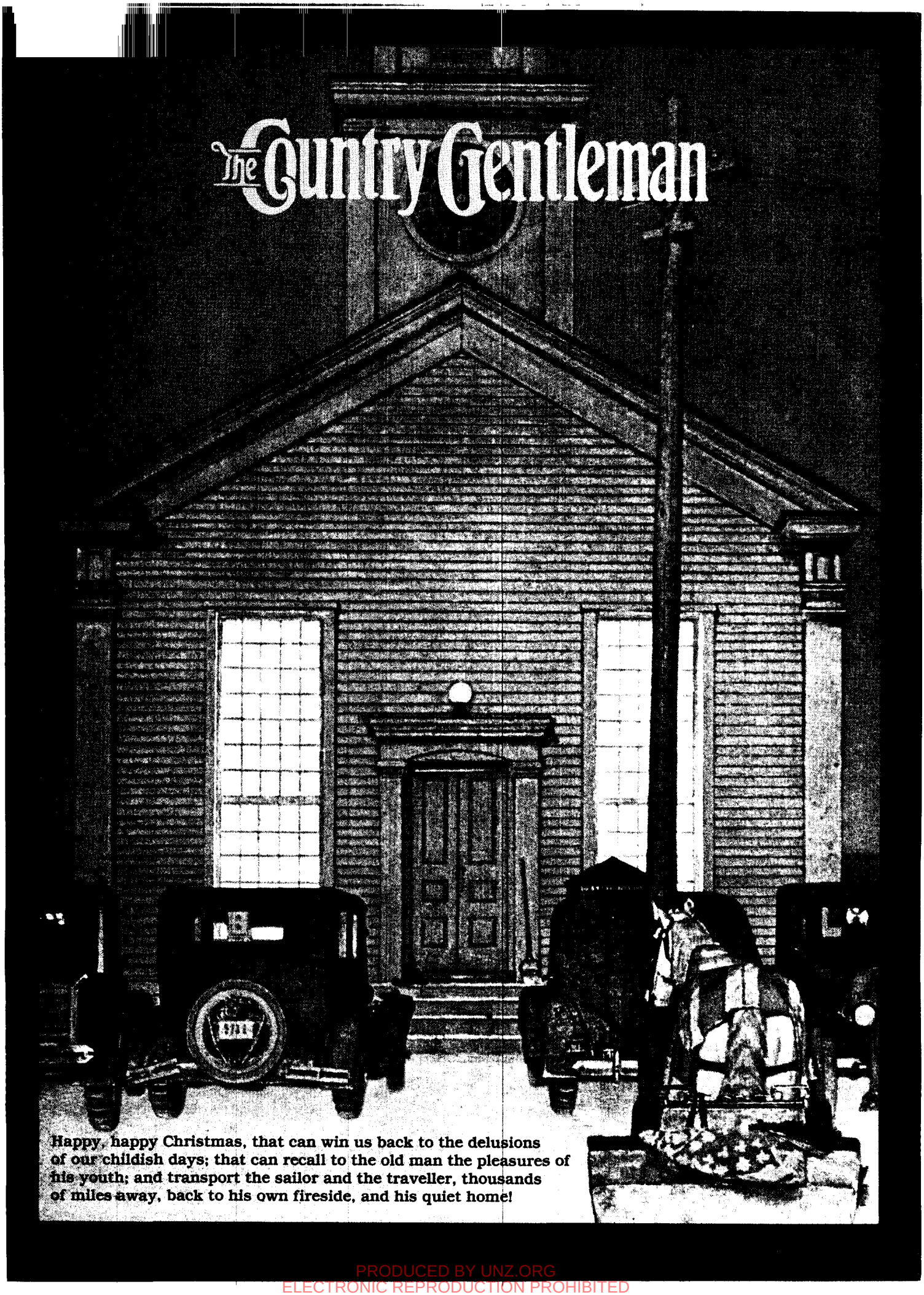

Happy, happy Christmas, that can win us back to the delusions of our childish days; that can recall to the old man the pleasures of his youth; and transport the sailor and the traveller, thousands of miles away, back to his own fireside, and his quiet home!

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The Country Gentleman

Bringing The Black Stallion To Life

by Bodie Thoene and Rona Stuck

The beach was alive with the usual clatter and confusion of a movie location when the assistant director demanded quiet from the crew members. A small boy and a large black stallion were in position at the water's edge. Sunlight reflecting on the glistening bay provided a backdrop framing their dark silhouettes. Director of photography Caleb Deschanel checked the camera angle a final time, then waved to the figures on the beach and called, "All right, Corky, we're ready whenever you are."

Standing just outside of the camera's view, Corky Randall, with handlebar moustache, baseball cap and hiking boots, looked more like a fisherman than a horse trainer. At that moment, however, he became the most important man on location. With a whip in each hand he raised his arms, and like a maestro conducting a symphony orchestra, he directed the movement of horse and boy. In the minutes that followed, a magical ballet between the animal and young actor Kelly Reno was captured on film, bringing to life the legendary "Black Stallion" of the Walter Farley novels.

Numero uno stallion Cass Ole and award-winning trainer Corky Randall become an indignant team when *The Black Stallion* director asks them to perform the impossible. Cass joins Corky in saying "neigh, neigh" when a shot becomes too dangerous.

The rest is history. Immediately upon its release, *The Black Stallion* was acclaimed by film critics. One called it "a classic in its own time. . .what film making is all about!" More important than what the critics had to say, however, was the response of the public. It was, very simply, the kind of magical film that made people *want* to see it more than once. The child's dream of being rescued by a wild, black stallion, of becoming his only friend and, in the end, winning the impossible race became reality for millions of movie goers. Yet, even as the world came to know and love the Black Stallion, very few stayed around long enough to read the credits for the name of the man who made the horse believable.

Two years later, Corky Randall and his wife of three decades, Joan, relaxed in the den of their spacious log ranch house in Newhall, California. They had just finished work on the second Black Stallion movie, *The Black Stallion Returns*. "In the first film, it was the beach scene between Kelly and the horse that really made the picture," Corky recalled. "We used several different horses to portray the Black Stallion. The horse we used on that day was really a big, gray quarter horse that we dyed black. He was the only horse I had that didn't look like a trained dog when I cued him to move to and from Kelly. He had a wild look about him. He'd snort and roll his eyes, then stretch that neck out as far as he could before he took the food Kelly offered him. I half expected him to run off, but he didn't. We were lucky that day!"

What Corky calls "luck," film makers call the "Randall Magic." For the last 40 years, the Randall family name has been associated with the behind-the-scenes magic of motion pictures. Corky's father, Glenn Randall, Sr., trained the horses for the famed chariot races of *Ben Hur* and worked for 25 years as the trainer of Trigger, Roy Roger's faithful horse. Glenn, Jr., Corky's younger brother, has recently found his place among the greats of movie making as stunt coordinator for *Raiders of the Lost Ark*

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and *E.T.*

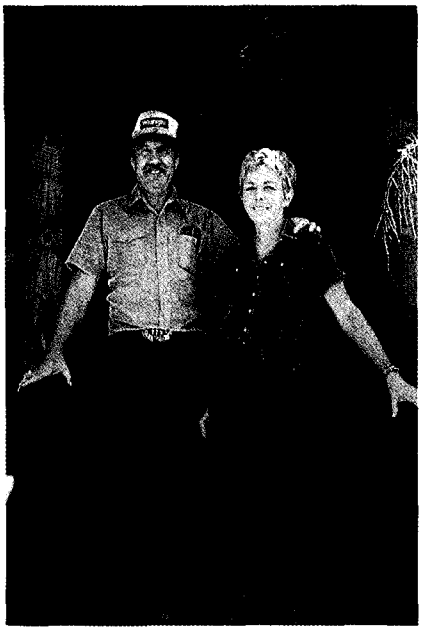
"Both Junior and I are doing what we like best," says Corky. "He has always been the athletic member of the family, and I guess I just always enjoyed watching Father work with the animals. There's nothing magic in what we do. If there is a secret to being successful in this business, it's the same formula for every walk of life. I guess it all hangs on enjoying what you do and knowing a couple of four-letter words spelled *h-a-r-d w-o-r-k*!"

Corky has not been alone in the hard work involved with horse training. His wife also happens to be his full-time partner and cotrainer. "I couldn't do it without her," he remarks. "She has an instinct with horses that very few people have; besides all that, she can cook, too!"

A phone call to the Randall ranch is less likely to find Joan in the kitchen than it is to find her answering the barn phone while she's astride a horse. Corky can undoubtedly be found in a large, round training pen, working a new movie horse or retraining a spoiled horse for a private client. "Corky especially enjoys working with horses from the ground," Joan explains. "I enjoy dressage—riding the horses. We are lucky that our skills and the things we like to do are different and complement each other."

Watching the two work, it becomes evident that their teamwork and good-natured camaraderie play a large part in the "Randall Magic." "We have to come in from the barn every night, and just like everyone else there are times when we agree to disagree," says Corky as he slips his arm around Joan's shoulders. "But when it comes to the way we feel these animals should be handled, we are a united front. And believe me, there have been days when we had to stand our ground against a fella holding a checkbook who was asking the impossible of our horses."

The Randalls have great respect and affection for the animals with which they work, and although movie horses are often owned by the motion-picture companies, Corky and Joan treat each of their animals as if it were their own. On more than one occasion they have locked horns with a director or a producer when asked to push the animals past their limits.



On the steps of their spacious log ranch house, Corky and Joan Randall look out at the corrals where thoroughbreds await their daily lessons.

"Probably the most frightening experience for Corky on either of the Black Stallion pictures was during the scene in the first movie when the horse was swimming away from the sinking ship and his halter rope became tangled in the propeller as the ship went down," recalls Joan.

"The scene was shot in a big swimming tank," Corky explains. "We attached a wire to his halter to provide the pull, and as the camera began to roll, we applied tension on the wire to bring the horse's head around. We couldn't see him and didn't know that he had turned completely upside down in the water."

For anyone who saw the movie, the result was a completely believable, totally terrifying scene of a horse struggling for his life as he rolled belly-up in the open sea. "I thought we had drowned him," Corky shakes his head at the memory. "I got him out of that tank, and when they said they wanted to shoot again, I told them that they'd have to do it without me because I didn't want any part of it. That was the end of it. They had to be satisfied with what they got the first time."

The walls of the Randall den are lined with evidence of their concern for the animals with which they work. Along with two Patsy awards, which are the animal trainers' Oscars, they are most proud of the

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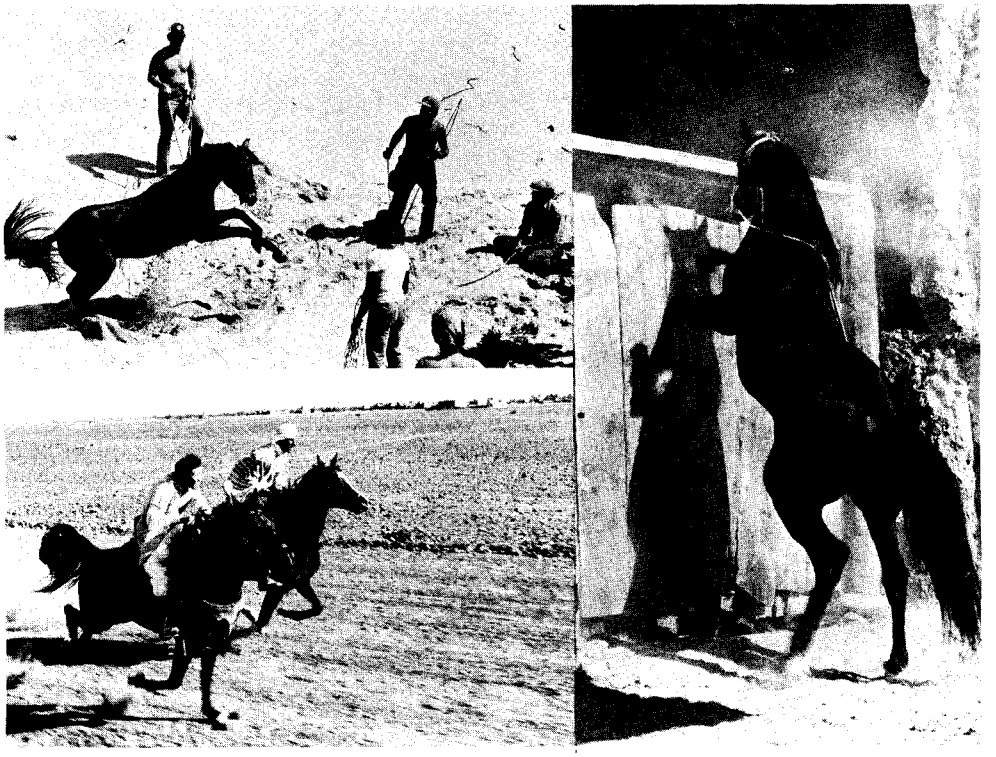

In these scenes from *The Black Stallion Returns*, Corky cues Cass Ole (top) to stamp a cobra into the sand. (Above) El Molktar in the race scene. Randall-trained Diamond Midnight (right) earns his oats by pounding down a gate.

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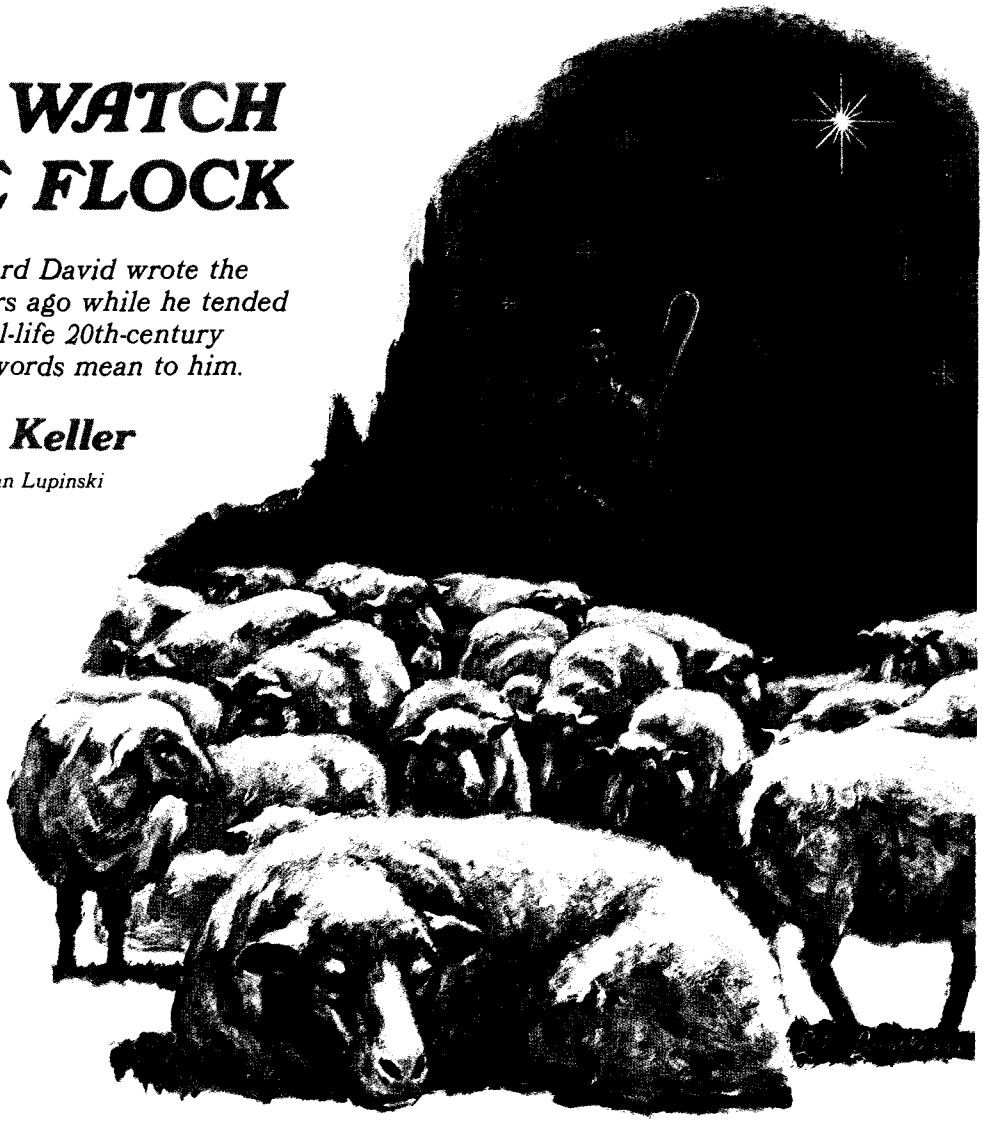
KEEPING WATCH OVER THE FLOCK

The young Jewish shepherd David wrote the 23rd Psalm nearly 3,000 years ago while he tended his father's flock. A real-life 20th-century shepherd tells what the words mean to him.

by Phillip Keller

Illustrated by Lucian Lupinski



The strange thing about sheep is that because of their very makeup it is almost impossible for them to be made to lie down unless four requirements are met.

Owing to their timidity, they refuse to lie down unless they are free of all fear. Because of the social behavior within a flock, sheep will not lie down unless they are free from friction with others of their kind. If tormented by flies or parasites, sheep will not lie down. Only when free of these pests can they relax. Lastly, sheep will not lie down as long as they feel in need of finding food. They must be free from hunger.

It is significant that, to be at rest, there must be a definite sense of freedom from fear, tension, aggravations and hunger. The unique aspect of the picture is that it is only the sheepman himself who can provide release from these anxieties. It all depends upon the diligence of the owner whether or not his flock is free of disturbing influences.

When we examine each of these four factors that affect sheep so severely, we will understand why the part the owner plays in their management is so tremendously important. It is actually he who makes it possible for them to lie down, to rest, to relax, to be content and quiet and flourishing.

A flock that is restless, discontented, always agitated and disturbed never does well.

And the same is true of people.

It is not generally known that sheep are so timid and easily panicked that even a stray jackrabbit suddenly bounding from behind a bush can stampede a whole flock. When one startled sheep runs in fright, a dozen others will bolt with it in blind fear, not waiting to see what frightened them.

As long as there is even the slightest suspicion of danger from dogs, coyotes, cougars, bears or other enemies, the sheep stand up ready to flee for their lives. They have little or no means of self-defense. They are helpless, timid, feeble creatures whose only recourse is to run.

When I invited friends to visit us, I always made it clear their dogs were to be left at home. I also had to drive off or shoot other stray dogs that came to molest or disturb the sheep. Two dogs have been known to kill as many as 292 sheep in a single night of unbridled slaughter.

Ewes, heavy in lamb, when chased by dogs or other predators will slip their unborn lambs and lose them in abortions. A shepherd's loss from such forays can be appalling. One morning, I found nine of my choicest ewes, all soon to lamb, lying dead where a cougar had harried the flock during the night.

It was a terrible shock to a young man like myself just new to the business. From then on, I slept with a .303 rifle and flashlight by my bed. At the least sound of the flock being disturbed, I would leap from bed and, calling my faithful collie, dash out into the night, rifle in hand, ready to protect my sheep.

In the course of time, I came to realize that nothing so quieted and reassured the sheep as to see me in the field. The presence of their master and owner and protector put them at ease as nothing else could do, and this applied day and night.

There was one summer when sheep rustling was a common occur-

Editor's Note: This excerpt is from the book *A Shepherd Looks at Psalm 23* by Phillip Keller, who is a shepherd in real life. It is reprinted by permission of Zondervan Publishing House.

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rence in our district. Night after night, the dog and I were out under the stars, keeping watch over the flock, ready to defend them from the raids of any rustlers. The news of my diligence spread along our back country roads, and the rustlers quickly decided to leave us alone and try their tactics elsewhere.

"He maketh me to lie down."

In the Christian's life, there is no substitute for the keen awareness that my Shepherd is nearby. There is nothing like Christ's presence to dispel the fear, the panic, the terror of the unknown.

We live a most uncertain life. Any hour can bring disaster, danger and distress from unknown quarters. No one can tell what a day will produce in new trouble. We live either in a sense of anxiety, fear and foreboding or in a sense of quiet rest.

Generally, it is the "unknown," the "unexpected," that produces the greatest panic. It is in the grip of fear that most of us are unable to cope with the cruel circumstances and harsh complexities of life. We feel they are foes that endanger our tranquility. Often, our first impulse is simply to get up and run from them.

Then, in the midst of our misfortunes, suddenly comes the awareness that Christ, the Good Shepherd, is there. It makes all the difference. His presence throws a different light on the whole scene. Suddenly things are not half so black nor nearly so terrifying. The outlook changes, and there is hope. I find myself delivered from fear. Rest returns, and I can relax.

The second source of fear from which the sheepman delivers his sheep is that of tension, rivalry and cruel competition within the flock.

In every animal society, there is established an order of dominance or status within the group. In a penful of chickens, it is referred to as the "pecking order." With cattle, it is called the "horning order." Among sheep, we speak of the "butting order."

Generally, an arrogant, cunning and domineering old ewe will be boss of any bunch of sheep. She maintains her position of prestige by butting and driving other ewes or lambs away from the best grazing or favorite bedgrounds. Succeeding her in precise order, the other sheep all establish and maintain their exact position in the flock by using the same tactics of butting and thrusting at those below and around them.

Because of this rivalry, tension and competition for status and self-assertion, there is friction in a flock. The sheep cannot lie down and rest in contentment. They must stand up and defend their rights and contest the challenge of the intruder.

Hundreds and hundreds of times, I have watched an austere old ewe walk up to a younger one that might have been feeding contentedly or resting quietly in some sheltered spot. She would arch her neck, tilt her head, dilate her eyes and approach the other with a stiff-legged gait. All of this was saying in unmistakable terms, "Move over! Out of my way! Give ground or else!" And if the other ewe did not immediately leap to her feet in self-defense, she would be butted unmercifully. Or if she did rise to accept the challenge, one or two strong thrusts would soon send her scurrying for safety.

This continuous conflict and jealousy within the flock can be a most detrimental thing. The sheep become edgy, tense, discontented and restless. They lose weight and become irritable.

But one point that always interested me very much was that whenever I came into view and my presence attracted their attention, the sheep forgot their foolish rivalries and stopped their fighting. The shepherd's presence made all the difference in their behavior.

When my eyes are on my Master, they are not on those around me. This is the place of peace.

As is the case with freedom from fear of predators or friction within the flock, the freedom of fear from the torment of parasites and insects is essential to the contentment of sheep. Especially in the summer, sheep can be driven to absolute distraction by nasal flies, bot flies, warble flies and ticks. When tormented by these pests, it is literally impossible for them to lie down and rest. Instead they are up and on their feet, stamping their legs, shaking their heads, ready to rush off into the bush for relief from the pests. The sheepman must be amongst his charges daily, keeping a close watch on their behavior. As soon as there is the least evidence that they are being disturbed, he must take steps to provide them with relief. Always uppermost in his mind is the aim of keeping his flock quiet, contented and at peace.

Finally, to produce the conditions necessary for a sheep to lie down, there must be freedom from the fear of hunger. This, is clearly implied in the statement, "He maketh me to lie down in green pastures."

It is not generally recognized that many of the great sheep countries of the world are dry, semiarid areas. Most breeds of sheep flourish best in this terrain. They are susceptible to fewer hazards of health or parasites where the climate is dry. But in those same regions, it is neither natural nor common to find green pastures. Palestine, where David kept his father's flocks, is a dry, brown, sun-burned wasteland.

Green pastures did not just happen by chance. Green pastures were the product of tremendous labor, time and skill in land use. Green pastures were the result of clearing rough, rocky land; of tearing out brush and roots and stumps; of deep plowing and careful soil preparation; of seeding and planting special grains and legumes; of irrigating with water and husbanding with care the crops of forage that would feed the flocks.

All of this represented tremendous toil and skill and time for the careful shepherd. If his sheep were to enjoy green pastures amid the brown, barren hills, it meant he had a tremendous job to do.

But green pastures are essential to success with sheep. When lambs are maturing and the ewes need green, succulent feed for a heavy milk flow, there is no substitute for good pasturage. No sight so satisfies the sheep owner as to see his flock well and quietly fed on rich green forage, able to lie down to rest.

Because of our own perverseness, we often prefer to feed on the barren ground of the world around us. I used to marvel how some of my sheep actually chose inferior forage at times. But the Good Shepherd has supplied green pastures for those who care to move in onto them and there find peace and plenty.

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PET INSURANCE—TAKING THE BITE OUT OF VET BILLS

Pet-insurance companies are now purring right along, their owners confident that this time they aren't barking up the wrong tree.

by Julie Rovner

It didn't look much different from most emergency rooms. The people waiting looked grim, the patients unhappy, suffering mostly in silence.

"It's $40 to see the doctor," repeated the receptionist in her hospital monotone, "plus charges for treatment. And you have to pay before you leave."

What? Nothing about Blue Cross or some other carrier? No stacks of forms to fill out?

Not in this emergency room. The patient was a dog.

Don't laugh. The yellow Labrador's injury might sound funny (he had a run-in with the sharp end of a table and wagged off a piece of his tail), but the bill wasn't. The initial visit to the emergency clinic, x-rays, surgery to amputate an inch of bone so the skin could be closed, antibiotics and several follow-up visits to the family vet ended up costing more than $300. Luckily, the family could afford it. For them, there was no alternative.

But all that is changing. Oh, the yellow Labrador still has run-ins with sharp tables, bits of broken glass and even other dogs, but soon he may be eligible for health insurance to help with those spiraling bills.

Already, pet owners in California and New York are taking advantage of "pet insurance" in such numbers that officials of the two companies offering the plans are talking about extending their reach nationwide.

"Right now it's just a matter of filing the papers in other states," said Stephanie Mauer, manager of the pet health division of the Rhulen Agency, which owns the Frontier Insurance Company (that currently offers the plan in New York). Mauer said Frontier hopes to offer pet owners in at least a few states the opportunity to purchase insurance for their dogs and cats by early this winter.

Jack Stephens, founder and president of Veterinary Pet Insurance, a division of California Veterinary Services, says his group sold some 3,500 policies between April—when they were first offered—and the end of July, with some 50 to 100 new policies coming in every day.

Why pet insurance? According to Stephens and his veterinarian colleagues who started the California program, the incentive for pet health insurance isn't all that different from that for the human variety that most Americans can't live without.

"It's now very rare that we can't do something to help a sick animal," says Dr. Thomas Kendall, a Sacramento veterinarian and CVS's spokesman. "The question is whether the client can afford it. In too many cases, the only alternative is euthanasia."

Kendall says the problem is not only that veterinary costs are skyrocketing—to set up a practice similar to his two-man operation in northern California would run, he says, more than $300,000—but that technology to treat previously fatal ailments also is exploding. Much of that technology is accidental—the by-product of pioneering research for ultimate use on humans. Veterinarians, nevertheless, are finding themselves able to save animals' lives by implanting heart pacemakers or using laser surgery. Unfortunately, the costs can be too much for owners to bear.

To deal with the growing gap between what pet owners want for their pets and what they're able (or willing) to pay, CVS was born, Kendall says. Pet insurance, both Kendall and Mauer agree, is an idea whose time has arrived.

Of course, pet insurance has been tried before. And has failed before. According to Guy Hodge, director of Information Services for The Humane Society of the United States, more than 35 different plans have come and gone since 1945.

The owners of both the California and New York plans admit that the track record for pet insurance is not good. But spokespeople for both believe that their companies will beat the odds.

A major problem in the past, according to HSUS's Hodge, is the lack of accurate actuarial tables for dogs. (Actuarial tables are the statistics that form the basis for all insurance coverage. They're also why you know how much you should weigh.) But that doesn't seem to bother either company, both of which consider their simple rate structures among their prime selling points.

Frontier offers three different plans to cover accidents and illness. Each has a deductible amount per incident, with maximum benefits ranging from $1,000 per incident up to $2,500. Rates for dogs and cats range from (respectively) $49 and $42 per year up to $79 and $72 for animals from three months of age until the ninth birthday. From age nine until the 13th birthday, a surcharge is added (from $19.50 per year up to $37.50). After age 13, the animal must be rated "just as you would a person," according to Mauer, before it can be approved for being insured.

The California plan offers its customers two different plans: one for accidents only and one for both accidents and illness. Both plans require the owner to pay the first $15 per incident for animals younger than five years of age and $25 for

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those older than five. Unlike Frontier, which pays 80 percent of expenses up to the maximum benefit, VPI will pay 80 percent of the first $180 (after the deductible) and 100 percent of the expenses after that. A somewhat complicated rate structure has also been simplified, according to Stephens. Accident-only coverage is currently $19 for both dogs and cats, and accident and illness coverage ranges from $34 to $109 for dogs and from $34 to $89 for cats (depending on age).

Neither company will cover animals' preexisting conditions, intentional injuries or congenital or hereditary defects. Nor will they cover routine vaccinations, flea and tick control and all except medically necessary spays and neuters, says Kendall, to keep premium costs down to the bare minimum.

"Based on a random survey we conducted, we found that 40 percent of all visits to veterinarians were for vaccinations," he says, "so excluding them from the policy cut premiums by half." That same survey also showed that the average visit to a veterinarian cost the pet owner $32.

While Hodge conceded that catastrophe insurance for pets is desirable, he points out that there are still problems with pet-insurance plans.

"Insurance means shared risk," he says, "but the people who buy pet insurance are by and large the ones who need it most."

Among other common problems: Those with insurance will be less discriminating about when to take their pet to the vet, which will drive costs up for everyone, and it will be difficult policing a system to keep those with similar animals from cheating.

Kendall, however, says that is not a problem, at least with his plan. He points out that because of the deductible and because the plan pays only 80 percent of that first big chunk, the rush to the vet with a small scratch is not a problem. To help with the identification problems, insured breeders (or owners of several animals of the same breed) are required to tattoo their animals.

"We're also looking into instituting better ID methods," he says, "including noseprints or the development of a quick and easy tattoo."

Frontier says that veterinarians and pet owners will have to operate on an honor system as far as identification goes.

So pet owners across the country are watching and waiting and hoping that if the plans succeed they will be extended nationally. So far, things are looking good. "You should see the unsolicited testimonials we get," VPI's Stephens says. "We recently got a letter from a woman whose cat was poisoned and later developed encephalitis. Without her insurance, she said, she wouldn't have been able to afford to save the animal's life."

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MAKING YOUR CHRISTMAS PICTURES CLICK

Although camera makers are trying their best to help you overcome the sins of the flash, a gap still remains to be filled by skill and experience.

People and cameras don't always see eye to eye. At no time is this unfortunate difference of views more apparent than on Christmas day, when camera recipients by the thousands open their first gift and move boldly into the holiday wonderland of photo possibilities. But the scenes they want to capture for posterity their cameras may view with a more dispassionate eye, and the hot pursuit of photo artistry chills abruptly on the cold instamatic printout of reality. For example, an honest attempt to capture the family dog as he romps beneath the tree results instead in a charming portrait of mother's ample derriere as she bends to gather shredded wrappings and ribbons; in a jolly group shot, daughter Daphne is decapitated with a dark shadow of a cruelly positioned wingback chair, while the lower reaches of brother Jimmy's freckled face are left to the whims of imagination, and his nose, eyes and forehead become a novel pedestal for the family tree.

Camera makers are not unconcerned with these problems. Each year, they introduce new devices designed to whittle away at the stubborn block of human error. They've tackled such problems as fingers on lenses, failure to wind and the inevitable sins of the flash, but there remains a gap to be filled by skill and experience. And while they keep their gizmos and computer chips secret from the Japanese competitors, they're glad to share tips that will make your holiday pictures more fitting for the occasion.

Photo specialist Jack Englert of the Eastman Kodak Company offers the following advice on achieving good photo results.

A. "If you want pictures that are exciting and interesting," he says, "get as close to your subject as four feet—or 18 inches with the close-up lens on a disc 8,000 camera.

"This gives the picture one strong focal point: your subject. If you stand away from your subject, the center of interest is mixed in with a lot of background—and the viewer has a difficult time concentrating on the main feature."

Camera-to-subject distance is particularly important when you're photographing outdoors at night, Englert notes.

"The flash is designed to illuminate all subjects within 18 feet of the camera," he says. "If you're beyond that distance, the main subject will not get the necessary light—and the pictures will be disappointing." To take pictures of an outdoor nativity or tree-trimming ceremony, wait until after the event, when a dispersing crowd enables you to get close to the main subject for properly lighted pictures.

Christmas morning at the tree is, of course, the first scene you'll find particularly ripe for snapshots. There you have the full spectrum of emotions and colors—on faces, on gifts, on decorations. Just be sure your camera is loaded with flash and fresh batteries, and don't forget to catch the happy loved ones in informal poses.

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B. "Keep the background simple. This is particularly important if you must shoot from a distance to get the entire subject in the picture." He notes that if there is a lot of clutter surrounding the subject, the picture looks busy, and the impact is weakened.

Englert suggests that since objects that make up a Christmas scene—boxes, presents, discarded gift wrap—contribute to a cluttered background, you should try different angles or move the subject or try the close-up lens.

Using the close-up lens might do the trick, he says. "It masks much of the picture area surrounding the subject automatically, thereby eliminating a lot of the background that your picture simply doesn't need."

C. Photograph children by getting down to their eye level, even if it means squatting or stretching out full length on the floor. "Otherwise," he says, "your picture will show tops of heads and hair instead of faces and expressions."

D. Take pictures that show people doing something. When they're preoccupied—deciphering the instructions to an electronic gadget, matching unassembled parts to a bicycle, examining the stitchery in a hand-crocheted shawl—people have a natural, more flattering look.

Along with the candids, there's a lot to be said for the posed people shots, Englert notes. Photos that show the family before the tree, bedecked in new finery, make ideal post-holiday wish-you-had-been-here mementos for close relatives who are not present.

The most basic tip for pleasing snapshots, Englert notes, is proper camera handling. "Camera jiggle as you squeeze the shutter button translates into picture blurriness. I recommend avoiding this by keeping your upper arms pressed against your sides and squeezing the shutter button slowly."

Taking Your Camera Outside

Ideal Christmas season scenics can show practically anything that to you means holiday: a view of your house dolled up in lights and Santas; a portrayal of the backyard, with new snow-cresting bush and barn; a trash can overflowing with holiday wrapping.

Equally as warm as these can be other scenics portraying sunsets at a mountain resort or deserted beach.

The first step in photographing such views, says Kodak photo expert Jack Englert, is to ask yourself what a particular scene says.

"When you determine what it is about the picture that means so much to you, make the object your main point of interest and position it in the viewfinder so it becomes the most important element.

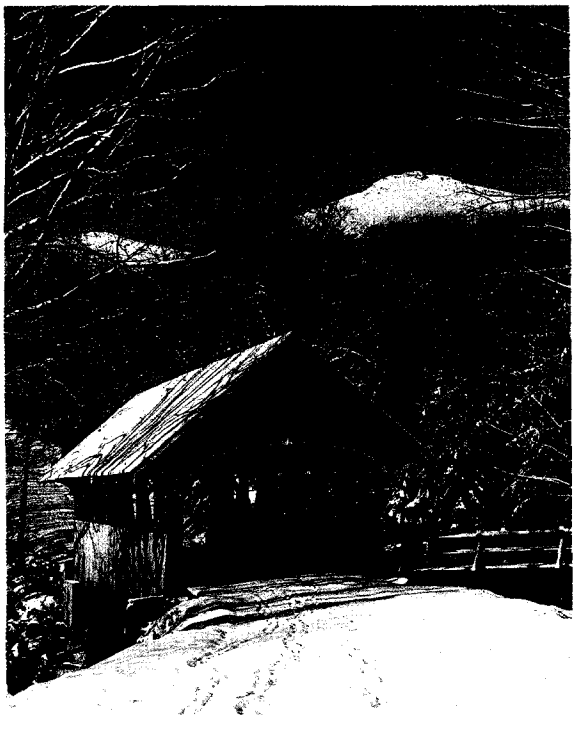
"Once you decide on the focal point, move closer to it so it becomes larger in your viewfinder in relation to the other elements. This helps you obtain dramatic results," Englert notes, "because your focal point will be prominent enough to transmit a message."

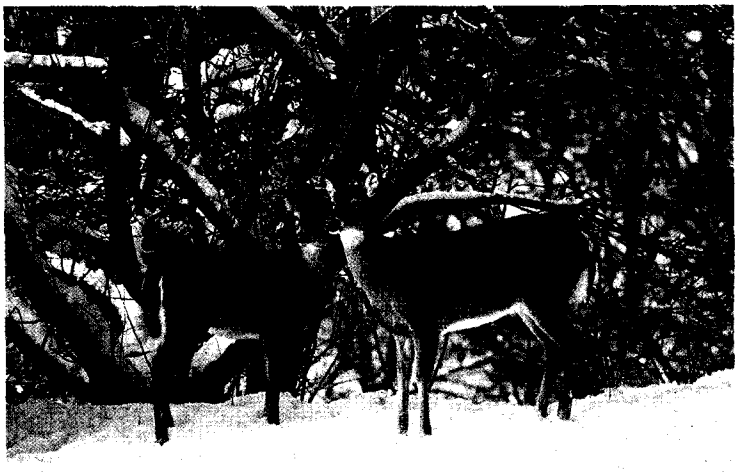
If it is a mass you wish to portray, such as a burnished red and purple sunset or a crisp blue sky, aim the camera so that you show more of the desired element.

Another way to emphasize the focal point is to place it off-center in the shot. In composing a picture, look for ways to place it at imaginary intersections of vertical and horizontal lines drawn at one-third points across the picture.

Giving scenics a feeling of depth is another way to add impact and excitement. This can be achieved quite easily by foreground framing to show distance between near objects and the main subject farther away.

Another way to add depth is to include a person in the foreground for size comparison. Almost anything can do the job—a person, a car, a bicycle. Besides showing the size of the main subject, Englert says, it will give an impression of distance and add a three-dimensional quality to the picture.





When bringing back childhood memories of Christmas by capturing a covered bridge covered with snow, move in as close as possible so your subject is the largest element in your photograph. Candid pictures of shy creatures and other hard-to-picture subjects are virtually impossible without the aid of a telephoto lens.

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THE CHRISTMAS HUNT

A gun in the hands of a ten-year-old boy can be a dangerous thing; his father knew that, but Tom had to prove he could hunt as well as a man.

by Borden Deal

It should have been the best Christmas of them all, that year at Dog Run. It started out to be, anyway. I was so excited, watching my father talking on the telephone, that I couldn't stand still. For I was ten years old, and I had never been on a quail shoot in my whole life. I wanted to go on the big Christmas Day hunt even more than I wanted that bicycle I was supposed to get.

The Christmas Day hunt was always the biggest and best of the season. Only the best hunters and the finest dogs were invited by my father. All my life I had been hearing great tales of past Christmas Day hunts. And now I knew with a great ten-year-old certainty that I was old enough to go.

My father hung up the phone and turned around, grinning. "That was Walter," he said. "There'll be ten of them this year."

"Lord," my mother said. "That'll be a houseful to feed."

My father put his arm around her shoulders, hugging her. "Oh, you know you like it," he said. "They come as much for your cooking as they do for the hunting, I think."

My mother smiled. "Wild turkey," she said. "You think you could shoot me four or five nice fat wild turkeys?"

I wanted to jump up and down to attract attention. But that was kid stuff, a tactic for the five-year-olds. So I said, "Papa."

My father laughed. "I think I can," he said. "I'll put in a couple of mornings trying."

"Papa," I said desperately.

My father turned to me. "Come on, Tom," he said. "We've got to feed those dogs."

I ran after my father as he left the kitchen, hoping for a chance to get my words in edgewise. But my father was walking fast and already the clamor of the bird dogs was rising up to cover any speech I might have in mind to make.

The dogs were standing on the wire fence in long dappled rows, their voices lifted in greeting. Even in my urgent need I had to stop and admire them. There's nothing prettier in the whole world than a good bird dog. There's a nobleness to its head, an intelligence in its eyes, that no other animal has.

All of the dogs except one were in the same big run. But my father kept Calypso Baby in her own regal pen. I went to her and looked into her soft brown eyes. She stood up tall on the fence, her strong body stretched to its full height.

"Hello, Baby," I whispered, and she wagged her tail. "Are you gonna find me some birds this Christmas, Baby?"

She lolled her tongue, laughing at me. We were old friends. Calypso Baby was the finest bird dog in that part of the country. My father owned a number of dogs and kept and trained others for his town friends. But Calypso Baby was his personal dog, the one he shot over in the big Christmas Day hunt.

My father was bringing the sack of feed from the shed. I put out my hand, holding it against the wire so Calypso Baby could lick my fingers.

"This year," I whispered to her. "This year I'm going." I left Calypso Baby, went with determination toward my father.

"Papa," I said firmly. "I want to talk to you." It was the tone and the words my father used often.

"What is it?" he said.

"Papa, I'm ten years old," I said.

My father laughed. "Well, what of it?" he said.

"I'm old enough to go on the Christmas hunt," I said.

Incredibly, my father laughed. "At ten? I'm afraid not."

I stood, stricken. "But——"

"No," my father said, in the voice that meant no, and no more talking about it. He hoisted the sack of feed and took it into the dog pen, the dogs crowding around, rearing up on him in their eagerness.

"Well, come on and help me," my father said impatiently.

Usually I enjoyed the daily feeding of the dogs. But not today; I went through the motions dumbly, silently, not paying attention to the bird dogs crowding around.

After the feeding was over, I scuffed stubbornly about my other tasks and then went up to my room, not even coming down when my father came home at dusk excited with the two wild turkeys he had shot. I could hear him talking to my mother in the kitchen, and the ring of their voices had already the feel of Christmas, a hunting cheer that made them brighter, livelier than usual. But none of the cheer and the pleasure came into me, even though Christmas was almost upon us.

That night I hunted. In my dreams I was out ahead of all the other men and dogs, Calypso Baby quartering the field in her busy way, doing it so beautifully I ached inside to watch her. When Calypso Baby pointed, I raised the 12-gauge shotgun, moved in on her on the ready, and Calypso Baby flushed the birds in her fine, steady way. They came up in an explosive whir, and I had the gun to my shoulder, squeezing off the shot just the way I'd been told to do. Three quail dropped like stones out of the covey, and I swung the gun, following a single. I brought down the single

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with the second barrel, and Calypso Baby was already bringing the first bird to me in her soft, unbruising mouth. I knelt to pat her for a moment, and Baby whipped her tail to tell me how fine a shot I was.

Then I was awake, and my father was shaking me, and it was morning. I looked up dazedly into his face, unable to shake off the dream, and I knew what it was I had to do. I had to show my father. Only then would he believe.

"Are you awake?" my father said. "You'll have to change the water for the dogs. I'm going to see if I can get some more turkeys this morning."

"All right," I said. "I'm awake."

My father left. I got up and ate breakfast in the kitchen, close to the warm stove. I didn't say anything to my mother about my plans. I went out and watered the dogs as soon as the sun was up.

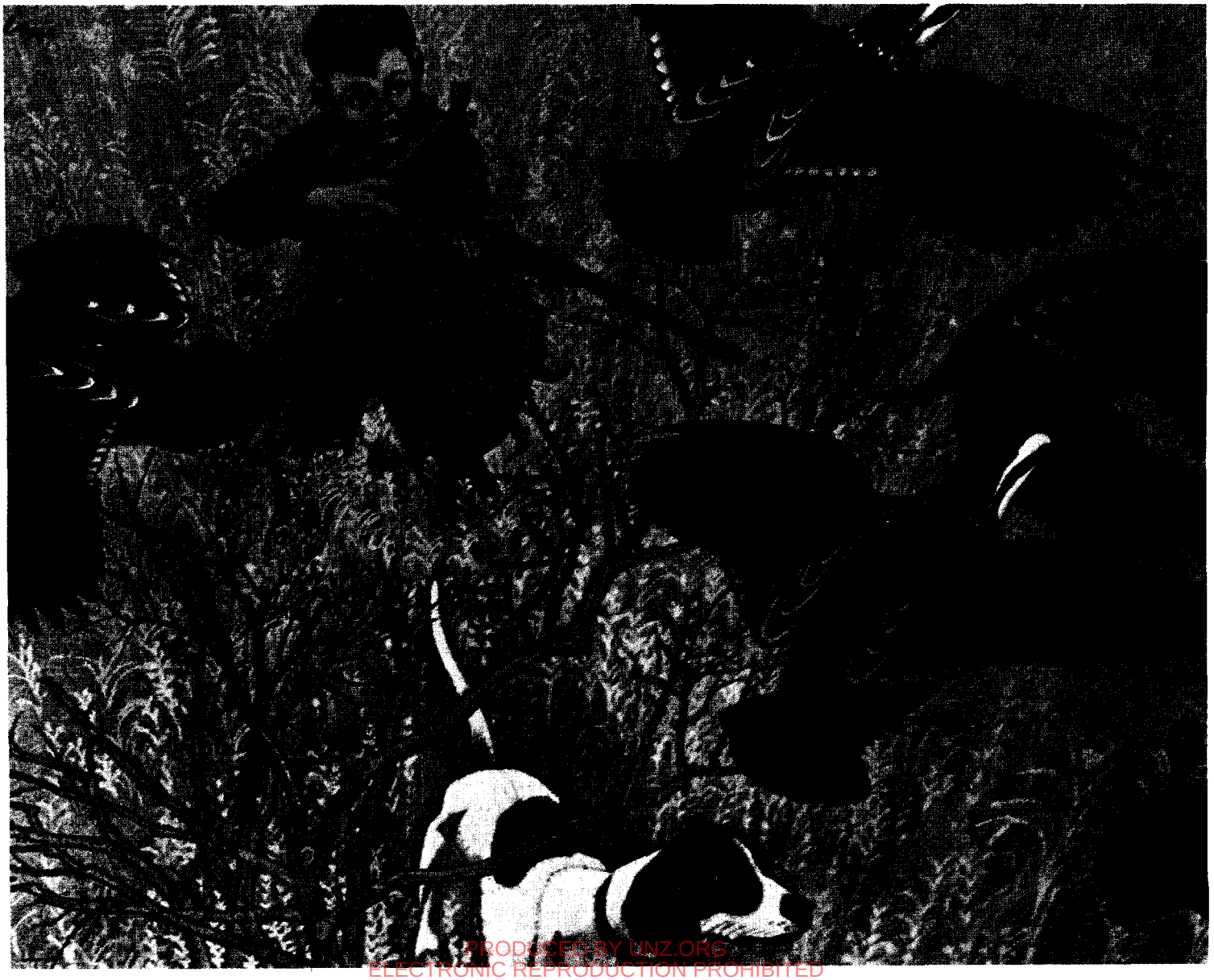
"Me and you are going to go hunting today," I told Calypso Baby as I changed her water. She jumped and quivered all over.

I went back into the house, listening for my mother. She was upstairs, making the beds. I went into the spare room where my father kept all the hunting gear. I was trembling, remembering the dream, as I went to the gun rack and touched the cold steel of the double-barreled 12-gauge. But I knew it would be very heavy for me. I took the single-barrel instead, though I knew that pretty near ruined my chances for a second shot unless I could reload very quickly.

I picked up a full shell bag and hung it under my left arm. I found a game bag and hung it under my right arm. The gun was heavy in my hands as I walked into the hallway, listening for my mother. She was still upstairs.

"Mamma, I'm gone," I shouted up to her. "I'll be back in a little while." I hurried out of the house, straight to Calypso Baby's pen. I opened the gate, and she came out, circling and cavorting.

We started off, circling the barn and going straight away in its shadow as far as we could. Beyond the pasture we crossed a cornfield, Calypso Baby arrowing straight for the patch of sedgegrass beyond. Her tail was whiplike in its thrash, her head high as she plunged toward her work, and I had to hurry to keep up. The gun was clumsy in my hands and the two bags banged against my hips. But I remembered not to run with the gun, remembered to keep the breech open until I was ready to shoot. I knew all about hunting; I just hadn't had a chance to practice



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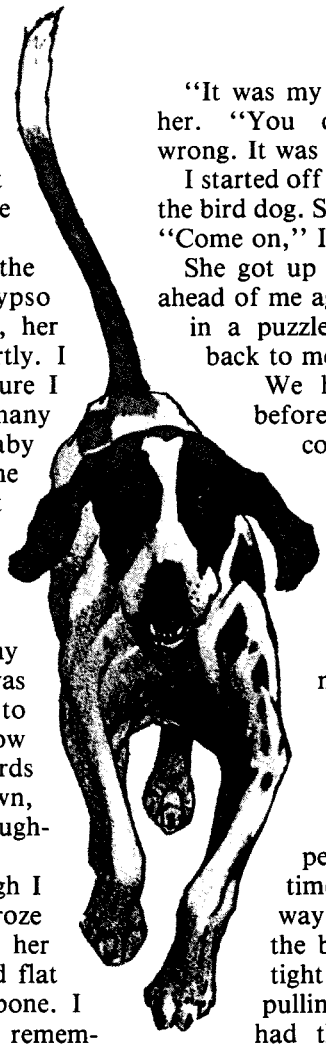

what I knew. When I came home with a bag full of fine birds, my father would have to admit that I was old enough for the big Christmas Day hunt.

When I ducked through the barbed-wire fence, Calypso Baby was waiting for me, her head up watching me alertly. I swept my arm in the gesture I had seen my father use so many times, and Calypso Baby plunged instantly into the grass. She was a fast worker, quartering back and forth with an economical use of her energy. She could cover a field in half the time it took any other dog. The first field was empty, and we passed on to the second one. Somehow Calypso Baby knew that birds were here. She steadied down, hunting slowly, more thoroughly now.

Then, startling me though I had been expecting it, she froze into a point, one foot up, her tail straight back, her head flat with the line of her backbone. I froze, too. I couldn't even remember to breech the gun and raise it to my shoulder. I stood as still as the dog, all of my knowledge flown out of my head, and yet far back under the panic I knew that the birds weren't going to hold, they were going to rise in just a moment. Calypso Baby, surprised at my inaction, turned toward me and looked at me, puzzled. She asked the obvious question as plain as my father's voice: *Well, what are you going to do about these fine birds I found for you?*

I could move then. I took a step or two, fumblingly breeched the gun, raised it to my shoulder. The birds rose of their own accord in a sudden wild drum of sound. I yanked at the trigger. Nothing happened. I tugged at the trigger wildly, furiously, but it was too late and the birds were gone.

I lowered the gun, looking down at it in bewilderment. I had forgotten to release the safety. I wanted to cry at my own stupidity. This was not at all like my dream of last night, when I and the dog and the birds had all been so perfect.

Calypso Baby walked back to me and looked up into my face.

"It was my fault, Baby," I told her. "You didn't do anything wrong. It was me."

I started off then, looking back at the bird dog. She did not follow me. "Come on," I told her.

She got up slowly and went out ahead of me again. But she worked in a puzzled manner, checking back to me frequently.

We hunted for an hour before we found another covey of birds. I was tired, the gun and the frustration heavier with every step. At last Calypso Baby froze into a beautiful point. I could feel myself sweating; my teeth were gritted hard. I just had to bring down a bird this time.

It seemed to be perfect. I had plenty of time but I hurried anyway, just to be sure. Then the birds were rising in a tight cluster and I was pulling the trigger before I had the heavy gun lined up—and in the midst of the thundering blast I heard Calypso Baby yell with pain as the random shot tore into her hip.

I threw down the gun and ran toward her, seeing the blood streaking down her leg as she staggered away from me, whimpering. I knelt, trying to coax her to me, but she was afraid. I was crying, feeling the full weight of the disaster. I had committed the worst crime of any bird hunter; I had shot my own dog.

Calypso Baby was trying to hide in a clump of bushes. She snapped at me in her fear when I reached in after her, but I did not feel the pain in my hand. I knelt over her, looking at the shredded hip. It was a terrible wound. I snatched off the empty hunting bag I had donned so optimistically, the shell bag and took off my coat. I wrapped her in the coat and picked her up in my arms. She was very heavy, hurting, whining with each jolting step as I ran toward the house.

I came into the yard doubled over with the catch in my side from the running, and my legs were trembling. My father was sitting on the back porch with three wild turkeys beside him, cleaning his gun. He jumped to his feet when he saw the wounded dog and asked, "What happened?"

I stopped, standing before my father and holding the wounded dog; I looked into his angry face. They were the most terrible words I had ever had to say, but I told him. "I shot her, papa," I said.

My father stood very still. I did not know what would happen. I had never done anything so bad in my whole life, and I could not even guess how my father would react.

I gulped, trying to move the pain in my throat out of the way of the words. "*I took her out bird hunting*," I said. "I wanted to show you—if I got a full bag of birds, I thought you'd let me go on the Christmas Day hunt——"

"I'll talk to you later," my father said grimly, taking the dog from me and starting into the kitchen.

I wanted very badly to go into the kitchen, find out that the dog would live. But I turned, instead, and went back the way I had come, walking with my head down, feeling shrunken inside myself. I had overreached; I had risen up today full of pride beyond my ability, and in the stubbornness of the pride I had been blind until the terrible accident had opened my eyes so that I could see myself clearly—too clearly.

When I came into the kitchen, my father had the dog stretched out on the table. My mother stood by his side with bandages and ointment in her hands. The wound was cleaned of the bird shot and dirt and blood. Calypso Baby whined when she saw me, and I felt my heart cringe with the rejection.

My father looked at me across the dog. The anger was gone out of him, his voice was slow and searching and not to be denied. "Now I want to know why you took my gun and my dog without permission."

"I—I wanted to go on the Christmas Day hunt," I said again. "I thought if I——" I stopped. It was all that I had to say; it seemed pretty flimsy to me now.

My father looked down at the dog. I was surprised at the lack of anger in him. I could read only sadness in his voice. "She may be ruined for hunting," he said. "Even if the wound heals good, if she doesn't lose the use of her leg, she may be gun-shy for the rest of her life. You

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understand what you've done?"

"Yes, sir," I said.

"You see now why I said you weren't old enough?" my father said. "You've got to be trained for hunting, just like a dog is trained. Suppose other men had been out there, suppose you had shot a human being?"

"David!" my mother said.

My father turned angrily toward her. "He's got to learn!" he said. "There's too many people trying to do things without learning how to do them first. I don't want my boy to be one of them."

"Papa," I said. "I'm sorry."

"I'm not going to punish you," my father said. He looked down at the dog. "This is too bad for a whipping to settle. But I want you to think about today. You knew that when the time came ripe for it, I intended to teach you, take you out like I'd take a puppy, and hunt with you. The Christmas Day hunt is the place you come to, not the place you start out from. Do you understand?"

"Yes, sir," I said. I would have been glad to settle for a whipping. But I knew that a mere dusting of the breeches would be inadequate for the tremendous hurt I had given not only to the fine bird dog but also to my father—and to myself, as well.

"You've got to take special care of Calypso Baby," my father said. "Maybe if you take care of her yourself while she's hurt, she'll decide to be your friend again."

I looked at the dog, and I could feel the need of her confidence and trust. "Yes, sir," I said. Then I said humbly, "I hope she will be friends with me again some day."

I went toward the hall, needing to be alone in my room. I stopped at the kitchen doorway, looked back at my father and mother watching me.

"Papa," I said, the words rushing softly in my throat. "I—I don't think I deserve that bicycle this Christmas."

My father nodded his head. "All right, son," he said gravely. "This is your own punishment."

Christmas came, but without any help from me at all. I went to bed on Christmas Eve heavy with the knowledge that tomorrow morning there would be no shiny new bicycle under the tree, there would be no

continued on page 84

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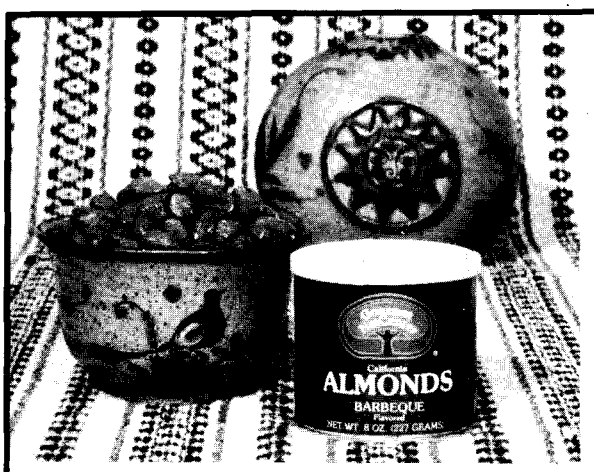

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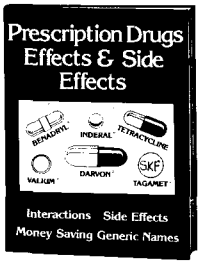

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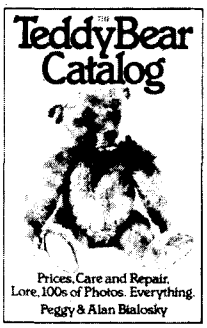

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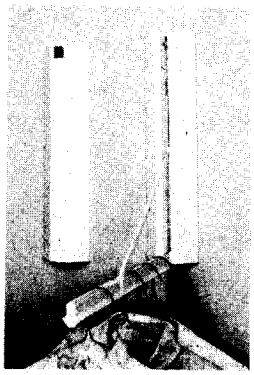

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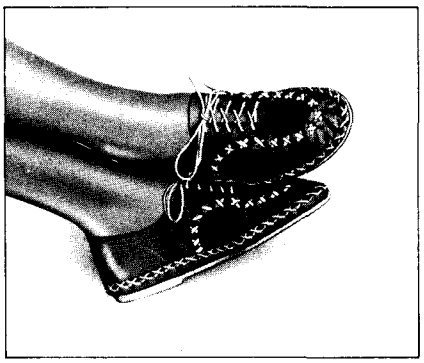

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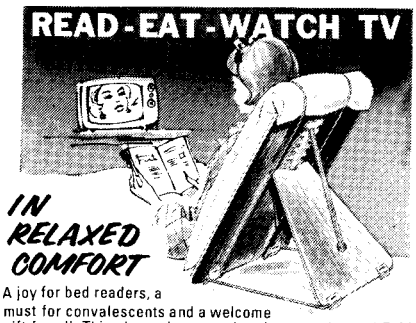

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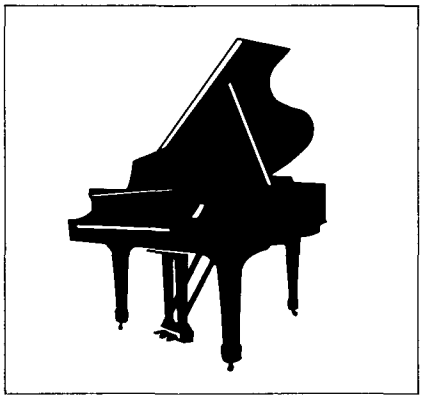

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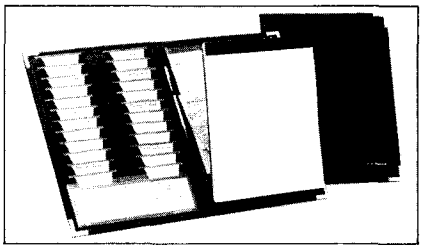

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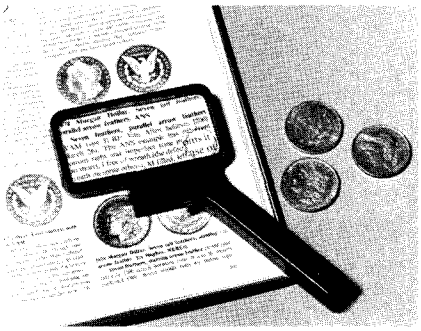

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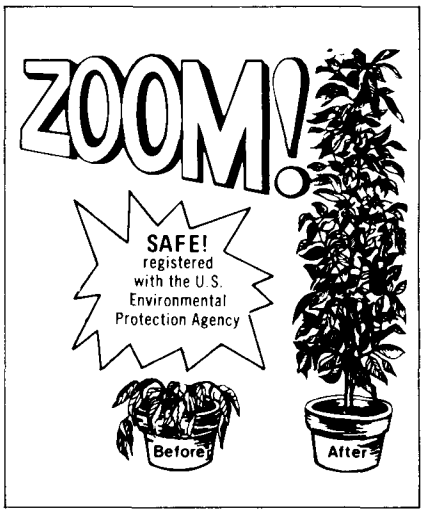

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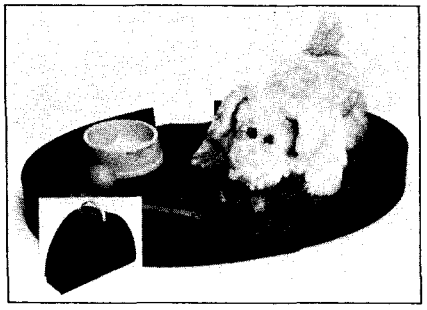

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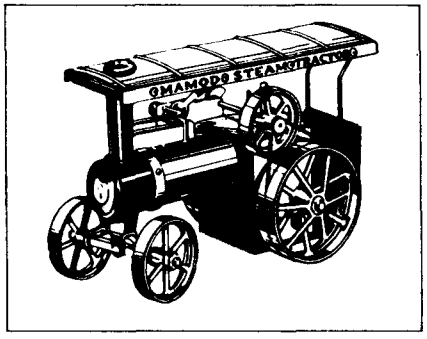

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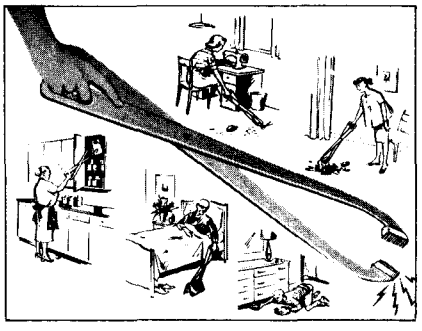

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ANTIQUE SHOPPE

After stamps, what would you think is the most popular item in the current collectibles craze? Coins? You lose. Dolls now rank as the world's second most popular collectible, and dolls are gaining fast on *numero uno*. Consequently, the values of antique and modern dolls continue to appreciate at a substantial rate. And as more investors become aware of the investment potential, it naturally

follows that interest increases and demand for dolls soars.

Surprisingly, much of the credit for elevating dolls past coins to the number-two spot goes to—men! According to *Playthings Magazine*, 35 percent of today's collectors of dolls are men. At doll auctions conducted by Theriault's, "the dollmasters," men comprise a high percentage of the audience and often are more ardent bidders than women.

Why dolls? One answer is suggested by Max von Boehn in his book succinctly titled *Dolls*. "The doll form, the more or less complete representation of man," he writes, "existed for thousands of years before the first child took possession of it. . . . Natural and fortuitously developed forms, recognizable in rocks, horns, bones, branches and roots, must have stimulated the imagination of primitive men."

Unlike the crying, talking, walking, wetting dolls of today, the figures of prehistoric times are blocklike, with body, head and limbs of one piece, with the distribution of the limbs indicated by mere scratches. The prehistoric collector, if one existed, was not concerned with investment value; he cherished the doll for its "occult significance, its reflection of the soul." Unlike Barbie and Ken, prehistoric dolls were anything but toys. Rather, they served as idols, amulets and talismen (the Eskimo used them to keep his kayak from capsizing; an African tribe used them to ward off poisonous snake bites, etc.). Dolls also served as ancestor images, for image magic and as intercessory spirits between the dead and the gods.

Kayak capsizing and snake-bite insurance are not, of course, among the reasons why fervent bidding at Theriault's recent auction of Madame Alexander dolls boosted the prices on several to $1,400. Or why, at a cataloged auction of antique dolls, the world's record for a doll sold at auction was tied—at $16,500!

Doll collecting, as you might begin to suspect, is not an inexpensive hobby. It would thus behoove every budding (and bidding) collector to know what to look for when buying and how best to safeguard his investments. "Zest for the hunt," as Genevieve Angione and Judith Whorton state in *All Dolls Are Collectible*, "enthralling as it may be, should be tempered with

knowledge, and knowledge can only be acquired through diligent study or by sad experience; the latter can be costly."

The importance of gaining doll-knowledge was never more clearly demonstrated than by the experience of a North Carolina woman. Having heard the Theriaults on a national television program, she retrieved a doll from the trash can after recognizing its description. This became the very doll that tied the world's record auction price.

Therefore, before you begin diving into trash cans or rummaging around in attics, at least the basics of the doll-collecting business, or hobby, should be part of your mental inventory. This will embrace not only specific features of dolls, their clothing, construction and the difference between originals and copies, but also porcelain products, china heads, rubber heads, rawhide heads, bisque heads, baby dolls, Parian dolls, cloth dolls, wooden dolls, American composition dolls, papier-mache dolls, plastic dolls. . . .

No, don't give up. Not even after you learn that Madame Beatrice Alexander alone actually created more than 5,000 dolls. Or that some 70 different Shirley Temple dolls were produced, with more than six million sold over a period of six

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years. Take heart from Gary R. Ruddell, president of Hobby House Press, who says, "By reading and studying before going out to procure, you'll become aware of what will appeal to you tastewise." Thus, your taste may run to Greiner dolls, Milliner's models, wax dolls, the "bonnet" dolls, Jumeau French Fashion, German Bisque, Schoenhut, Ravaca, Japanese, Lenci or whatever.

Should your taste run to "name" dolls, here, too, you would require a barn to house them all. After a Shirley Temple, surely you would want to add a Marlo Thomas, a Sonja Henie, the Dionne Quintuplets, Jenny Lind, Queen Elizabeth. And of course Scarlett O'Hara, Heidi, Snow White, Hansel and Gretel and Bo Peep. Then there are the Wendy dolls, the Polly dolls, the Melanie dolls, the Cissette dolls. . . . On second thought, perhaps price is the place to begin.

Price, of course, depends upon availability and condition (dolls, in most cases, having been loved to pieces). Although more than 80 million Barbie dolls have been sold and continue to sell at the rate of six million a year, the first (1959) and second (1959-60) Barbies now command a price of $500 to $1,000. Later editions may be priced from $15 to $150.

Jan Foulke, in her *5th Blue Book, Dolls and Values* (Hobby House Press, 345 pages), shows the "Bye-Lo Baby" at prices from $300 to $1,500. And should the doll have a rare smiling face, the price shoots into the $4,500 range.

Although it's too late by some 60 years to buy Madame Alexander's first cloth doll at time of issue—which sold for $14.50 a dozen, or $1.98 each, and today is a collector's item bringing $300 each—the figures should certainly influence the potential collector on the fence to get off on the side of the many thousands already enjoying this exciting hobby.

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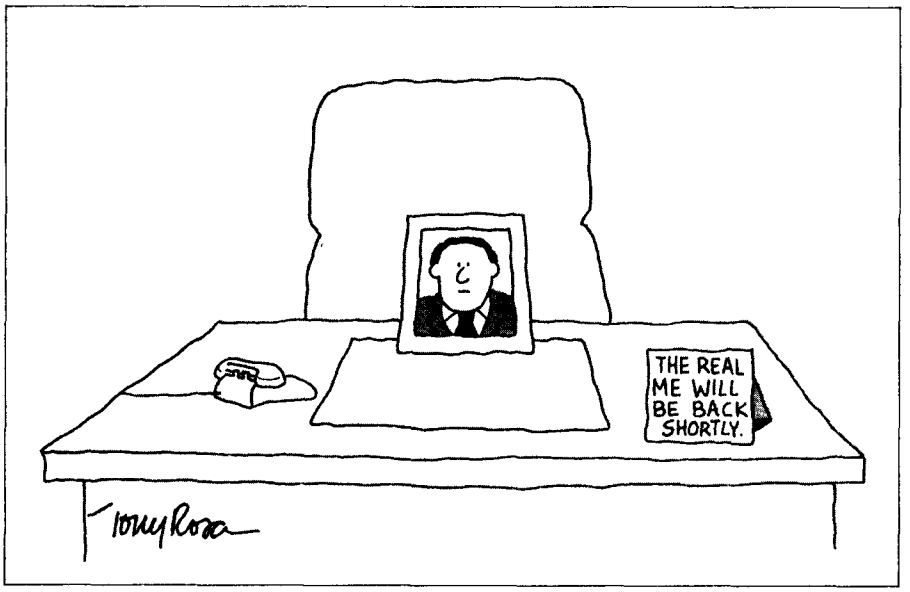

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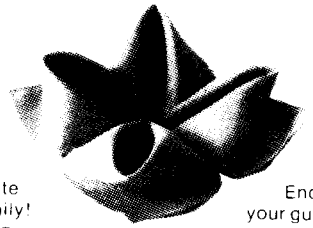

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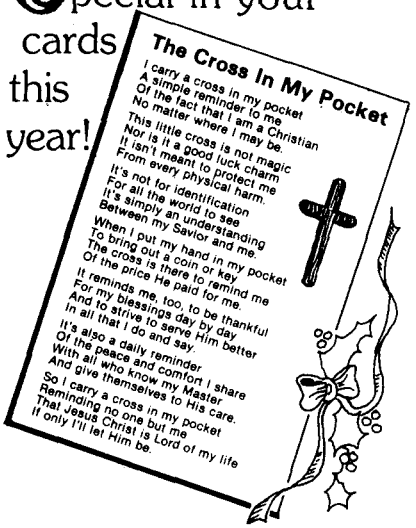
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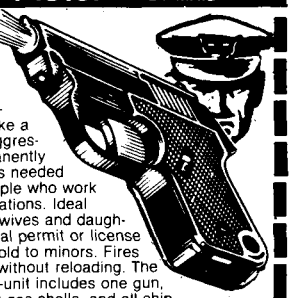

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Messiah

continued from page 47

don't take it for granted? "Oh, let's go hear *Messiah*," we'll say to each other. "I'm in the mood, and we missed the performance last year." We have come to know and accept *Messiah* as Christmas music, but for Handel it was the music of Lent, of Easter, of spring, because it tells not merely of birth but of death and redemption. But I suspect that if we gave ourselves the time to listen during other seasons of the year, and if musicians decided that a springtime or midsummer *Messiah* was as appropriate as a winter one, then we might gain new pleasure from and new insight into this taken-for-granted masterpiece.

A serenity suffuses *Messiah*. It is a song of praise to God and man, with moments of grief, but also with optimism and exhilaration. The melodies sweep us along like a river of delicious water to quench our emotional thirst, of moving water to carry us away from travail toward peace and comfort.

"Comfort ye, comfort ye," we are told in the opening recitative.

"He shall feed his flock like a shepherd," we are reminded along the way.

"I know that my Redeemer liveth," we are consoled.

"If God be for us, who can be against us," we are assured, as the oratorio nears completion.

Life gains meaning through this gift, *Messiah*. While the cacophonies of modern life surround us, while so much of the music we relish from Beethoven and Verdi and Mahler reminds us of our troubles, *Messiah* supplies relief, a respite, sustenance to the weary mind, to the overstimulated imagination, to the burdened heart.

"I did think I did see all Heaven before me and the great God himself." Maybe Handel didn't say it, but as we listen to his *Messiah* today, we envision so readily our version of a heaven. Rapture and devotion, lost in the clamor and clang of daily life, reemerge here. ✝

Christmas Hunt

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Christmas Day hunt for me. When I did, reluctantly, go downstairs, the Christmas tree did not excite me, nor the usual gifts I received.

After my father had gone outside, my mother hugged me to her in a sudden rush of affection. "He would have given you the bicycle anyway," she said, "if you hadn't told him you didn't want it."

I heard the first car arrive outside, the voices of men excited with the promise of hunting. My mother stood up and said briskly, "Well, this is not getting that big dinner cooked," and went into the kitchen.

I went out on the front porch. It was perfect quail-hunting weather, cold but not too cold, with a smoky haze lying over the earth. The dogs knew today was for hunting; I could hear them from behind the house. All except Calypso Baby.

I stood aside, watching the men arrive in their cars, my father greeting them. I felt remote as I went with them around the side of the house to the dogs. They all went to examine Calypso Baby, and I felt a freezing inside; but my father only said, "She got shot by accident."

Then my father looked at his watch and said, "Let's wait a few more minutes. Walter ought to be here soon."

One of the men called, "Here he comes now," and Walter drove up in his battered car.

My father drew me to the side of Walter's car, reached in and brought out a basket. "You wanted a bicycle," he said. "Then you decided yourself you should wait. Because you made the decision yourself, I decided you were old enough for this." I looked at the bird-dog puppy in the basket. All of a sudden Christmas burst inside me like a sky rocket.

I reached into the basket and took out the puppy. The puppy licked my chin with his harsh, warm tongue. He was long, gangly, his feet and head too big for his body—but absolutely beautiful.

My father knelt beside me, one hand on the puppy. "I told Walter to bring me the finest bird-dog puppy he could find," he said.

"Thank you, papa," I said in a choking voice. "I—I'd rather have him than the bicycle. I'll name him Calypso Boy, I'll——"

"When this puppy is ready for birds, we'll train him," my father said. "While we train the puppy,

continued on page 87

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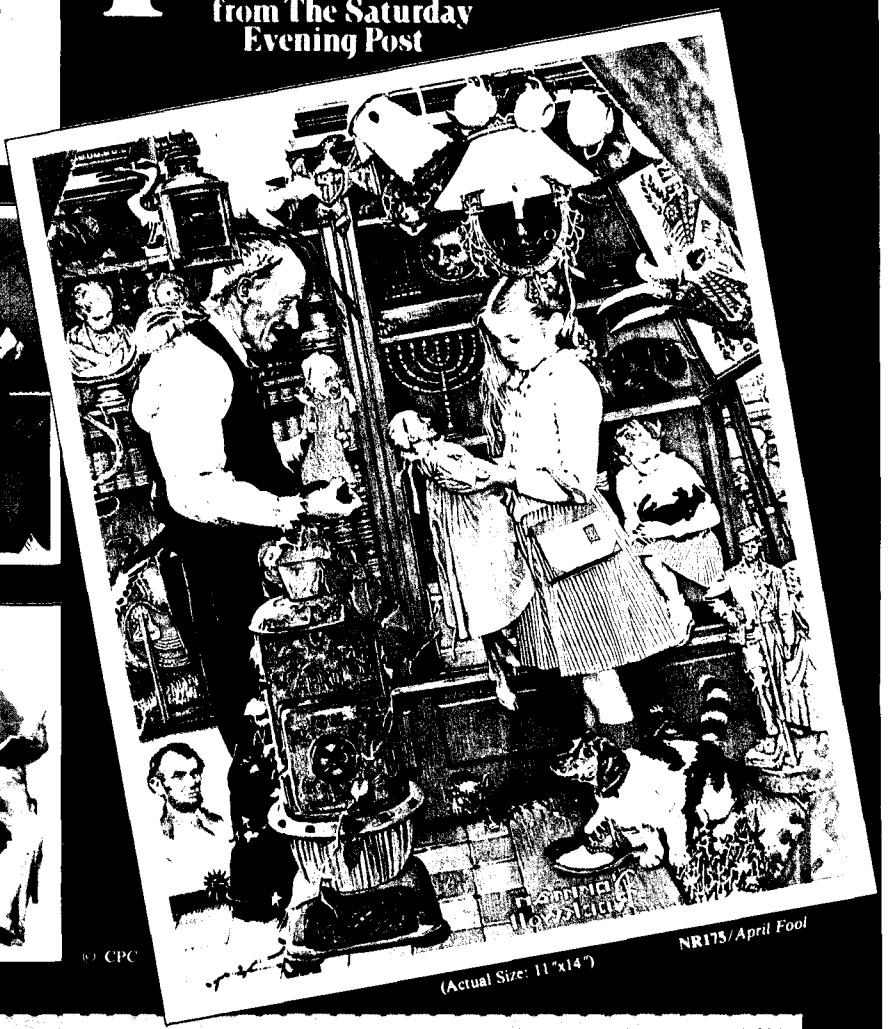

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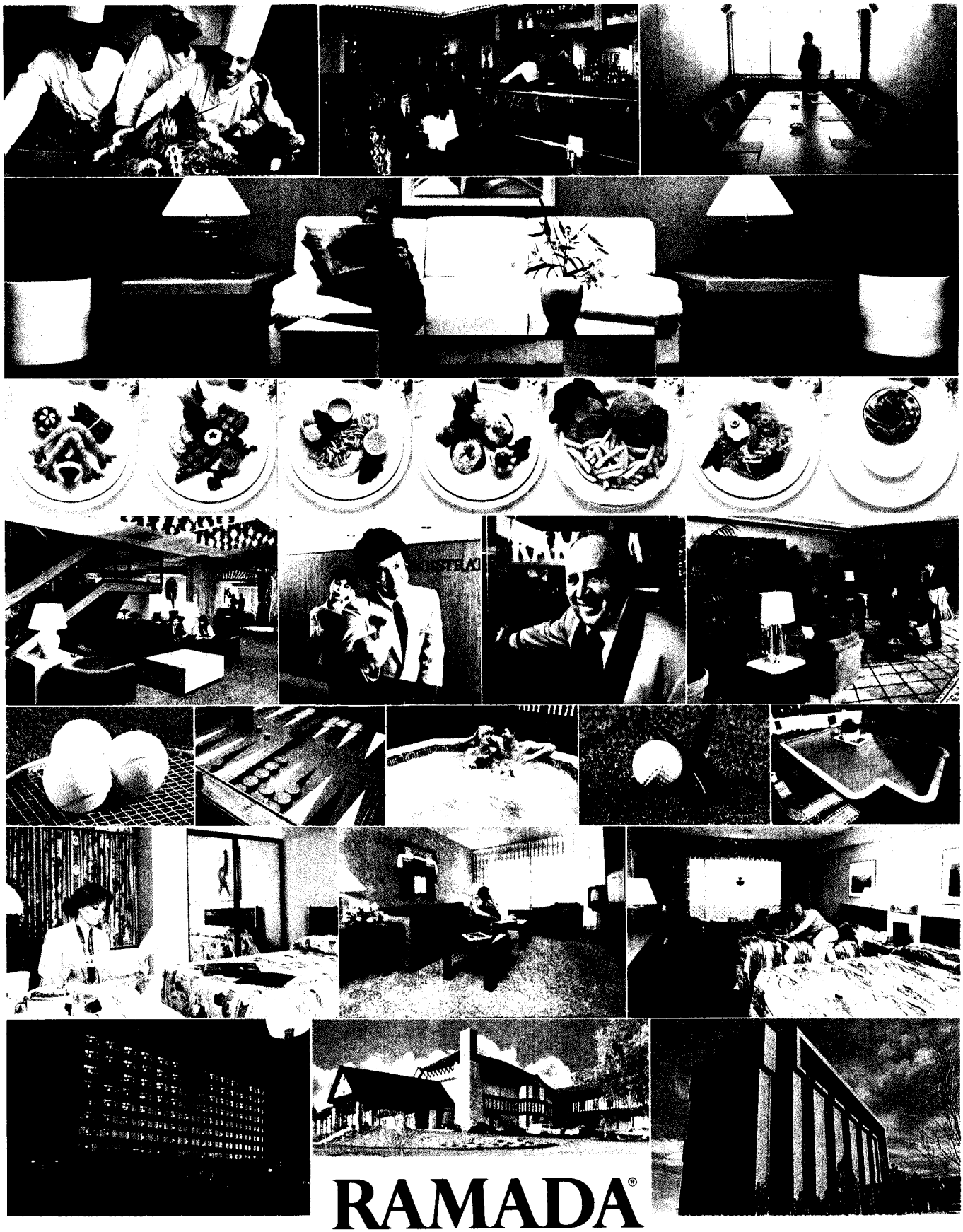

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Christmas Hunt

continued from page 84

we'll train you, too. When the time comes, you can both go on the Christmas Day hunt—if you're good enough."

He stood up and looked at the men standing around us, all of them smiling down at me and Calypso Boy. "Let's go," he said.

They laughed and hollered, and the dogs moiled and sounded in the excitement as they were let out of the pen. They fanned out across the pasture, each man or two men taking a dog. I looked at Calypso Baby, standing crippled in her pen looking longingly after the hunters. She whined; then for the first time since the accident she wagged her tail.

I looked down at the puppy in my arms. "We'll be going," I told him, as he licked at my chin. "One of these days, we'll be right out there hunting with the best of them."

It was three years more before I got to go on my first Christmas hunt. Papa had been right, of course. In the time between I had learned a great deal myself while training Calypso Boy to hunt. He turned out to be a great bird dog—second only, I guess, to Calypso Baby, who recovered well from her wound and was papa's dog the day Calypso Boy and I made our first Christmas hunt.

But of all the Christmases, I guess I remember best the one when Calypso Baby was hurt—and Calypso Boy first came to me.

Computers

continued from page 40

understand languages that resemble the languages people use to communicate with each other. These languages are called user languages. It is important to remember that the computer has to translate the instructions you give in user language into machine language. Because of this, there is a program in an intermediate language, called assembly language, that translates words you type into a specific array of on- and off-switches in specific parts of your computer's chip.

There are many user languages, because there are many uses for computers. Some computers are

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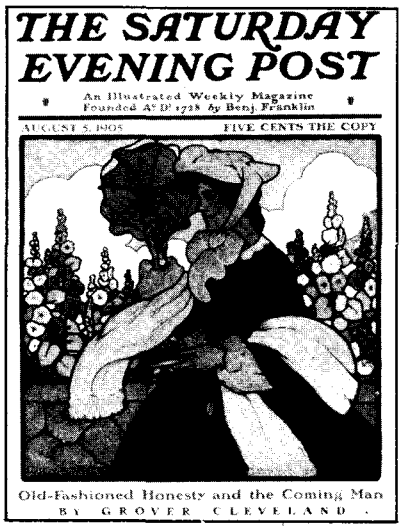
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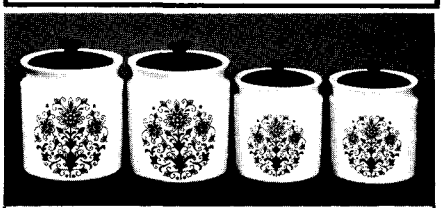

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locked into one language only. Because the nature and sophistication of user languages is currently in a state of flux, it is wise to make sure that any computer you buy can be easily and inexpensively adapted to a variety of languages.

In addition to language flexibility, it is essential to find out how a computer handles graphics, sound and color. I've found that the ability to compose music, develop visual images, animate figures and control color effects are the most compelling aspects of programming for young people. In this way, they can turn the tables on TV. They make their own programs instead of passively receiving someone else's.

Another point about buying a home computer for your children and yourself: Find out about the type of screen the machine uses. Calculate the cost of a machine that has its own monitor compared to one that uses your TV. Some powerful systems that operate through your television monitor cost as little as those that are weaker but have their own monitors.

Finally, look at the currently available software for the machine you purchase. It can be frustrating for a youngster to have a powerful machine and nothing he or she can do with it. A good way to learn about software is through Purser's, which lists software for a large variety of machines. Subscriptions can be obtained from: Purser's Magazine, P.O. Box 466, El Dorado, California 95623.

A decent, expandable home computer can be purchased for between $350 and $1,000. Another $1,000 will get you a printer and a disk drive, and I believe the prices will be coming down.

What If Your Children Don't Compute?

Although we have four Ataris and two TRS-80s at our "learning center," my older daughter Tonia reads and doesn't compute. She has never, as far as I can remember, shown the slightest interest in computers and what they represent. I don't find it much of a problem and don't think it should be made into a problem for other children. For me, computers are instruments—complex tools that are neither sacred nor as essential to the sustenance and enrichment of life as the arts and literature. They can furnish ways to help compose a book, print a poem or invent a tune. But they are no substitute for the substance of living. I see computers as a part of our lives, a part that most young children will respond to if they are not forced to forget other aspects of being alive. We should know how to use computers—as we know how to use pencils and typewriters or how to drive cars—without expecting everybody to become a computer specialist. If your children don't care about computers, buy a piano, a set of drums or a box of acrylics, or simply give them time to figure out what they care about. However, keep the door open for them to learn about computers if and when they're ready. Computers can be useful without being central, can be sources of pleasure as well as obsessions, and I expect they will play important roles in our lives for quite some time.

Skates

continued from page 18

in Canada and eventually swept the United States.

In our own time, the charm and flawless technique of Sonja Henie put the idea of ice skating into every moppet's mind. And with her came the era of the great ice spectacles.

On my way back from Vermont to my home in the Pennsylvania Poconos, I remembered a skating story my father had once told me long ago.

He grew up on a farm in Massachusetts, and, like many country boys, he was obliged to do the morning chores around the barns—particularly the services to the cattle. But one winter morning when he arose at dawn, after a cold night following a thaw, the entire countryside was covered with ice strong enough for skating—paths, roads, fields, hills and river! He whipped out his skates, lashed them on and started out across the country. Here was a skating rink as wide as the horizons, with a red sun rising to tell all that the flag was up!

That is how I like to think of him best. As a skater. The cows bawling and mooing in the barn, deserted by their morning servitor. And the boy, drenched in the red glow of dawn on snow and ice, winging it over hill and dale, with the whole shining world at his feet!

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Holiday Home Entertainment Guide

Look who's going back to school! But this time not to grapple with the three Rs. Today, with his kids already working on their Ph.D. in the subject, Dad is taking a beginner's course in ABCs—All 'Bout Computers.

Yes, the truth is the Johnnies who couldn't read can now come out with words like "FORTRAN" and "COBOL" and expect their poor puzzled parents to know what the heck they're talking about.

And how come Johnny suddenly got so smart, while these poor puzzled parents got left in a cloud of microprocessor chips? Because computers are fun to use. And because "everyone is doing it." And because, after their electronic friend and they get homework done, it's time for fun and games. *Chess*, anyone? Or *Missile Command*? How about a game of *Dungeons, Dragons and Damsels in Distress* before going to bed—there to dream of the days ahead with their genie?

Then the beautiful dream may turn into a nightmare when Dad finally solves the mystery of the keyboard. And once he discovers how it can help in checking his bank balance, pay bills, prepare tax returns, and Mom learns of its help in shopping and in budgeting, Johnny wakes up with the answer already in mind. Next year, Santa will have to bring his parents a computer of their own.

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Holiday fun begins with coming downstairs in the morning and spotting a box under the Christmas tree with "home computer" showing through the white tissue wrapping. But the real fun must wait until the excitement of the big day is over, and you and your brilliant new tutoring friend can strike up a lasting friendship.

To those who have been away, holiday fun is coming home again. It's family and friends getting together, rafters ringing with the sounds of merry reunions, tastebuds tingling from the aromas radiating from the kitchen, memories quickened by the homecoming, popcorn and cranberry ropes trimming the tree, the mantle still hung with stockings, and mistletoe taking its merry toll at the dining-room doorway.

Holiday fun is discovering that family entertainment in front of the tube—with its grunts and groans of the quarterback being sacked for a ten-yard loss—pales beside sitting in front of a blazing yule log, listening to happy family legends rather than to a sportscaster's dreary drone.

As he begins filling glasses from his self-declared "famous wassail bowl," brother John informs all that the wassail bowl was the forerunner of our modern toast. Wassail, he smugly explains (having looked it up that morning), derives from the Anglo-Saxon "wes," meaning "be thou," and "hal," meaning "whole."

As for revealing his "famous" recipe, not a chance. But it quite likely went something like this:

Wassail Bowl
(Makes 36 4-oz. servings)

Whole cloves
6 oranges
1 gallon apple cider
1½ cups lemon juice
10 (2-inch) cinnamon sticks
2¼ cups ginger ale

Preheat oven to 350° F. Insert cloves, ¼ inch apart, in oranges. Bake, uncovered, in shallow pan, 30 minutes. Meanwhile, heat cider in large kettle until bubbles form around edge. Remove from heat. Add lemon juice, cinnamon sticks and oranges. Heat, covered, over very low heat, 30 minutes. Add ginger ale; pour into punch bowl. Serve warm.

In the meantime, the spirits of the women in the kitchen are being lifted by the satisfaction of preparing the meal of meals.

Once dinner is over, those who can still walk adjourn to the living room. Here, they dig out the battered *Monopoly* game box. Someone has brought his *Rook* cards, another his Chinese checkers. Still others are content just to sink into the sofa and digest to the pleasant shouts of merriment.

Finally, in a hail of fond farewells, the family members begin to go their separate ways and, on the journey home, perhaps may arrive at the surprising conclusion that holiday happiness depends not so much on the giving of gifts or being entertained by TV or *E.T.* as in the giving of themselves in the joyous fun of a good old family get-together.

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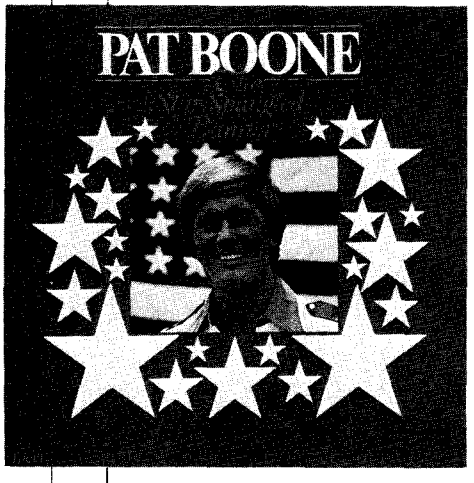

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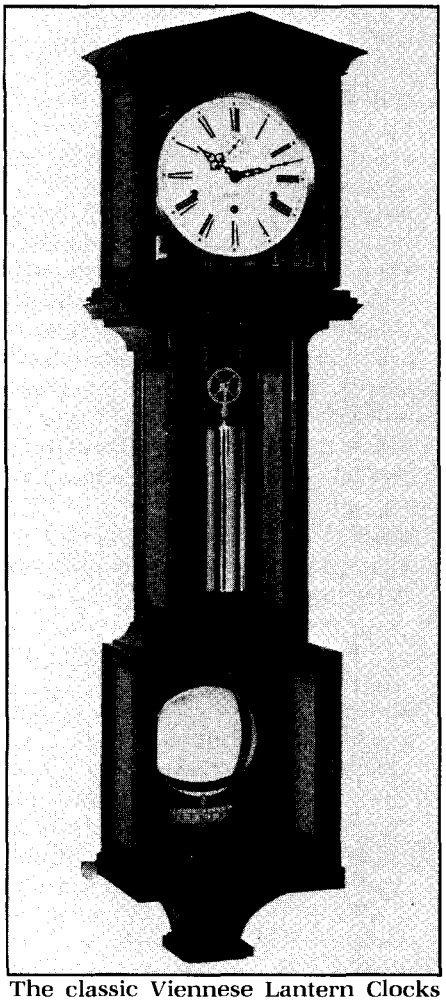
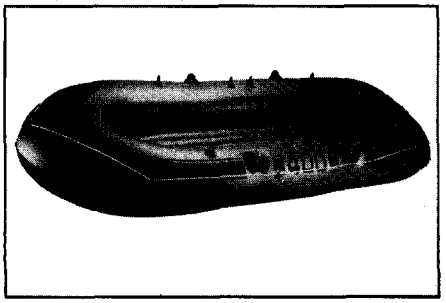
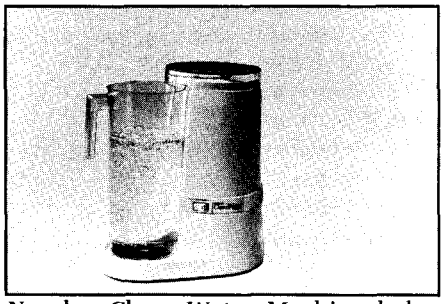


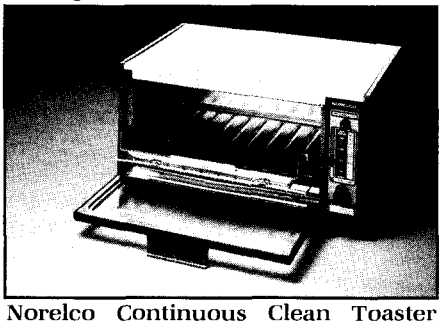
The classic Viennese Lantern Clocks were originally created during the 19th century to individual order.
Now, private collectors *only* are invited to acquire this exceptional replica from the Hamilton Clock Company.
Choose from solid mahogany or solid walnut. This is a limited edition. Only 500 are still available for private subscription.
For a color brochure, call toll-free 1(800)233-0281, ext. 175. In Pennsylvania, call (717)394-7161, ext. 175. Or write to:
Collector's Classic Edition Society, Ltd., a subsidiary of Hamilton Watch Co., Inc., Dept. 310, 941 Wheatland Ave., Lancaster, PA 17604



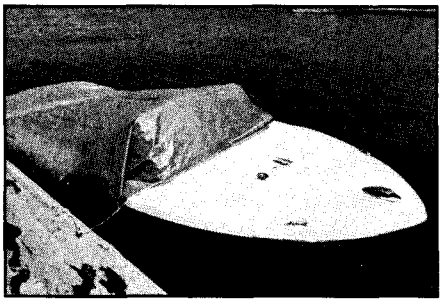
Heavy duty 2, 3 and 4 man inflatable boats made of high-density fabric with electronically welded seams and self-locking valves. High-quality boats with a lifetime guarantee. Now available from Viking Industries. See advertisement in this issue.



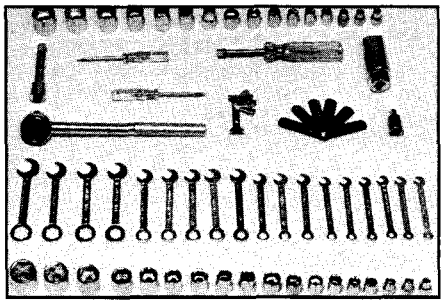
Norelco Clean Water Machine helps tap water taste bottled water clean. Removes chlorine, sediment, sulfur, odors, organic chemicals and other pollutants from tap water. You choose single pass or continuous filtration through activated charcoal.



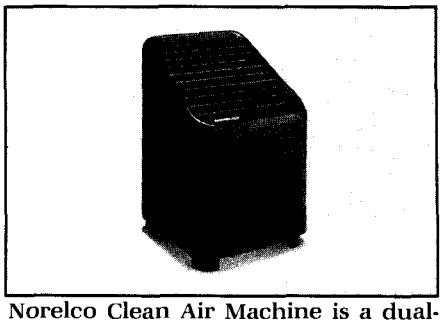
Norelco Continuous Clean Toaster Oven Broiler: A large capacity continuous-clean interior helps eliminate messy clean-ups. Versatile enough to bake, broil, toast, top brown and keep food warm. Features a removable door with window.



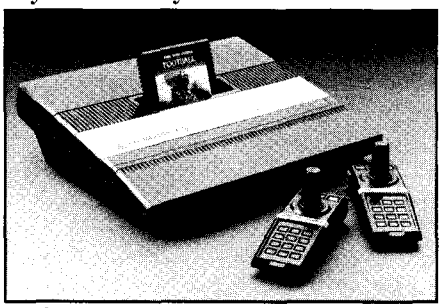
All purpose tarpaulins. More durable than canvas. Electronically welded seams. Nylon-enforced double-lock stitched rope hems. Water-proof, high-quality tarps with a lifetime guarantee. Available from Viking Industries. See advertisement in this issue.



Durable 62-piece American and metric heavy-duty tool set with metal storage chest. $28.00. All tools are drop-forged alloy steel, lifetime guaranteed. High-quality tools are now available from Viking Industries. See advertisement in this issue.



Norelco Clean Air Machine is a dual-speed clean-air machine in simulated wood grain with black trim. Removes smoke, pollen, odors and dust from the air. Multilayered filter traps particulate pollutants while special crystals destroy odors.



Welcome to the new age of interactive video entertainment! Atari, Inc., the leading designer and manufacturer of home-video games, is pleased to announce the new generation of Atari home-video computer games—the Atari 5200™ Home Entertainment System.
The Atari 5200 combines detailed graphics in spectacular colors along with realistic sounds to provide the most sophisticated games for home play. This new system, with far more power and memory potential than the popular Atari Video Computer System™, marks the beginning of a new generation of video games. "We have created two home-game systems in the same spirit in which an automobile manufacturer builds different models to suit different tastes," explains Michael Moone, president of Atari's Consumer Electronics Division. "The Atari 5200 was created for those players who demand state-of-the-art video-game technology."
There are sports games with realism no other home-video sports cartridges offer. For example, Atari's baseball cartridge features pitchers who throw different pitches; hitters who hit pop flies and line drives; base runners who steal and slide. Even the sounds of the crowd cheering and the bat hitting the ball are included.
For the 5200, Atari has updated and enhanced such favorites as *Pac-Man*™, *Super Breakout*™, *Missile Command*™, *Star Raiders*™ and *Space Invaders*™. And now, in time for Christmas, the ever-popular *Centipede*™ and *Defender*™ have been added to the Atari 5200 lineup.

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had another herpes outbreak.

What we now want to know is, of those of you in the 12 percent who had another herpes outbreak, have you had more than one recurrence?

If you have had failures, we would like to know more about the diets you follow.

Please fill out the form. Some of you are asking questions that have appeared in earlier herpes articles since our series began. If you don't have a complete set of the series of herpes articles, you may order them on the form on page 14.

So many letters have arrived at the *Post* in which the victims of herpes have not been active sexually that we are convinced that many people are contracting herpes in other manners. We believe that a lot of people are feeling unnecessarily guilty.

Dr. Bernard Roizman, professor of virology at the University of Chicago's Pritzker School of Medicine and considered to be one of the world's foremost experts on the herpes virus, has confirmed our position.

Roizman said, "There has been so much emphasis placed on sexual transmission of the virus that acknowledging one has genital herpes has become virtually synonymous with saying one is promiscuous. There is a relation between the number of sexual partners and the incidence of sexually transmitted diseases, but all people with genital herpes are not promiscuous. To even imply that is irresponsible. There are, for example, some people who acquire genital herpes by autoinoculation. By that, I mean they have oral herpes and, after touching their cold sore, touch their genitals without first thoroughly washing their hands. The result can be genital herpes without any sexual contact."

A herpes panic was touched off by the report that the herpes virus can live on objects such as toilet seats and towels. Another renowned expert on herpes, Dr. Andre Nahmias, professor of pediatrics and chief of Infectious Diseases and Immunology at Emory University School of Medicine in Atlanta, said, "The fact that the herpes virus can live on these objects may be of interest to scientists, but there is absolutely no reason to believe that there is any clinical relevance to that observation. I seriously doubt anyone has or will get herpes from a toilet seat."

However, here is a letter from one of our many readers who disagree with Dr. Nahmias:

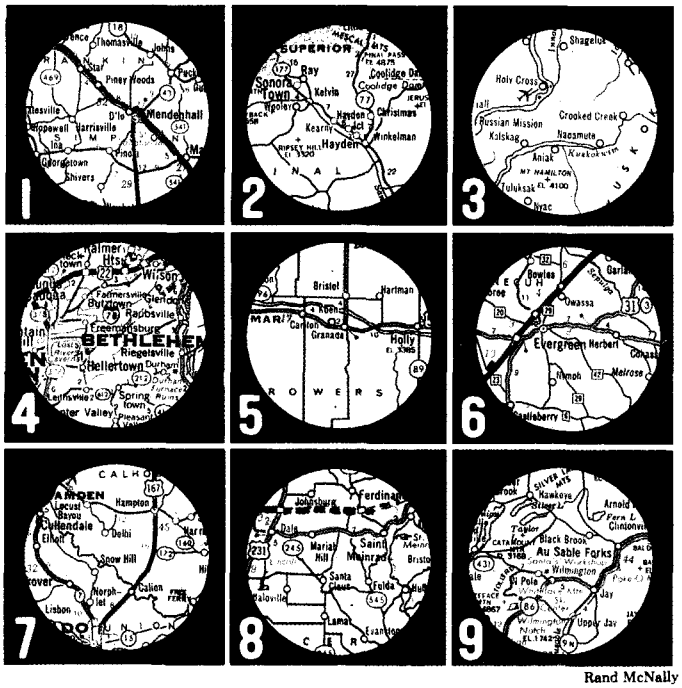
"I was not involved with anyone and had had no sexual contact for several months when my herpes appeared. Before that, it was with one person whom I am sure did not have it. My doctor said it is very likely that—given its location—I got it from a toilet seat. A cliche? Maybe. But what other explanation could there be?"

And from another reader:

"My first attack of herpes came when I was 22 years old. Prior to that time, I had had no sexual experience or contact whatsoever. My doctor explained that it was a virus and I could have contracted it from a "wet toilet seat" or it had lain dormant since birth. Neither of these explanations thrilled me, but the thought that I would be labeled a "loose woman" made it even worse! I knew, at least in my particular case, that the disease didn't invade my body from my being sexually active. In fact, that still makes me mad whenever herpes and sex are intertwined. . .as if one cannot exist without the other."

One herpes topic that hasn't yet received a lot of attention is research on a herpes vaccine. Work on it is already well under way. (See "Herpes Update III," November '82 *SEP.*) Not only might a vaccine protect uninfected individuals from ever contracting the disease, but a vaccine might also prove beneficial for those who already have herpes.

Other therapeutic possibilities to battle herpes include the use of lithium and a derivative of cottonseed oil called Gossypol. Lithium is being investigated because doctors treating patients with manic depression noted that patients on it who had herpes had fewer recurrences after they started taking the substance. But again, researchers stress that it is far too early to say anything definitive about the use of lithium. Gossypol, which is being investigated in China for its birth-control possibilities, also appears to be effective in battling herpes. Researchers, principally in Finland, have observed that it is able to kill the herpes virus in the test tube. Studies using Gossypol to fight herpes in humans are just getting under way.



Rand McNally

Where do you think you are?

East or West, North or South, each of the distinctive areas above appears on the map of a single city, state or province. In terms of routes, state parks, mountains and memorials, there is, as the saying goes, "no place like it." Can you identify these locations? If you or a friend find the game too easy (but you won't), add the requirement that you place the area north, south, east, west or central in the designated locale.

(Answers on page 102)

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Quaker introduces Mother's Oat Bran.

A tasty new fiber source that may actually lower cholesterol.

People have long believed oats were good for them. Recent findings, first reported in THE SATURDAY EVENING POST[1] later in the AMERICAN JOURNAL OF CLINICAL NUTRITION[2] tend strongly to support this popular belief with convincing data.

The "usual high-carbohydrate high-fiber diet lowers cholesterol by an average of 25 percent, which is not too bad," according to the Post article. "But with oat bran we found we obtained about a 35 percent reduction in the serum cholesterol."

Oat bran vs. wheat bran

Bran is the outer fraction of a cereal grain, contains most of its fiber content, and is separated from the flour during milling.

"Basically," the Post article explains, "you can divide fibers into two categories, based on their water-solubility. Some fibers are water-soluble, others are water-insoluble. The water-soluble fibers are the ones that lower the cholesterol to the greatest extent."

The article goes on: "Wheat bran is mainly water-*insoluble*. It doesn't do anything to the cholesterol.

"Oat bran is very rich in soluble fibers and is very effective in lowering cholesterol."

Now packaged for you and sold at nutrition centers/health food stores

You can buy this fine product yourself, in packages labeled "Mother's Oat Bran," with complete directions on the box.

Nutmeg or cinnamon sprinkled on top make the creamy hot cereal version especially delicious.

There's a recipe for Oat Bran Muffins on the side panel.

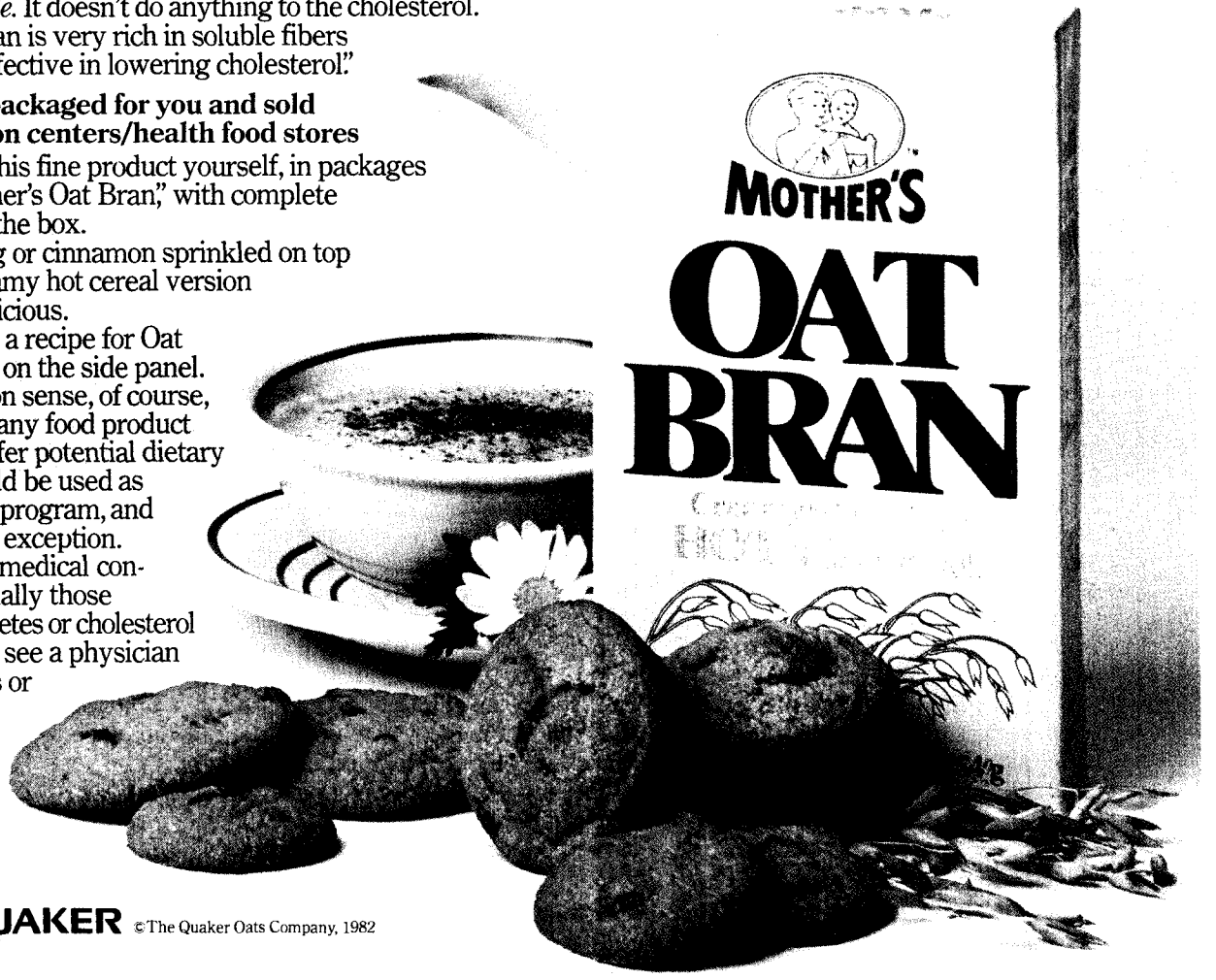
Common sense, of course, tells you that any food product believed to offer potential dietary benefits should be used as part of a total program, and oat bran is no exception. Persons with medical conditions, especially those related to diabetes or cholesterol levels, should see a physician and follow his or her advice.

In any event, one especially welcome pleasure is the flavor. That should improve your spirits while Mother's Oat Bran is improving your fiber intake.

1. January/February 1980, pp 35 *et seq.*, and December 1979, pp 114 *et seq.*
2. Kirby, R.W. *et al* Oat-bran intake selectively lowers serum low-density lipoprotein cholesterol concentrations of hypocholesterolemic men. Am. J. Clin. Nutr. 34:824, 1981.

Try this delicious new natural, too.

New Mother's Whole Wheat is a great natural change of pace cereal, with other flavor and nutritional benefits. It gives you the bran, the germ, the natural vitamins, minerals, and fiber of the natural grain. With no additives, no preservatives, nothing artificial to get between you and its naturally healthy, robust, and satisfying good flavor.



QUAKER ©The Quaker Oats Company, 1982

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FOOD

HOT AND HEARTY HIGH-FIBER BREAKFASTS

If a cold bran breakfast goes against your grain, warm up to these new ways of putting fiber in your morning meal.

by Allen Simon

Fiber has no flavor and no nutritional value either, but doctors as well as nutritional experts know it is not only a desirable ingredient but a necessary one for everyone's diet.

As more and more people learn of the importance of fiber, they turn to the most convenient and palatable methods of adding it to their meals. The traditional procedure is to sprinkle bran on the morning cereal. Cereal companies have helped by producing some quite palatable high-fiber products, but why stop there? High-fiber breakfasts need not be cold and crunchy; they can be hot and hearty as well.

For starters, there's no problem converting connoisseurs of pancakes and waffles. Whole-grain flour and additional bran will heighten the flavor of their favorite breakfast fare. Bran muffins are another pleasing breakfast adjunct, and bran cakes make a delicious foundation for some tasty egg dishes. And don't forget hot cereals. New products such as Quaker's Mother's Oat Bran can turn hot, steaming cereals into a high-fiber treat, and the addition of optional fruit will give them a dessertlike quality.

Here is just a sampling of fiber-filled recipes that will make your breakfasts heartier, healthier and tastier than ever before:

Health Waffles with Orange Molasses

(Yields 4 large or 6 small waffles)

1½ cups unbleached white flour
¼ cup wheat germ
½ cup yellow cornmeal
1 cup uncooked oatmeal (rolled oats)
2 tablespoons baking powder
1 teaspoon grated orange rind
½ cup butter or margarine, melted
3 eggs
2 cups buttermilk
1 cup orange juice
Cottage cheese (optional)

Orange Molasses Syrup:
1 cup orange juice
1 tablespoon cornstarch
½ cup molasses
¼ cup sugar
2 tablespoons butter or margarine

Three different grains and fresh orange juice go into these waffles, intended for a hearty breakfast. Topped with cottage cheese, they make a substantial luncheon dish. In a large mixing bowl, combine the flour, wheat germ, cornmeal, oatmeal, baking powder and orange rind. Stir until blended. In another bowl, stir together the melted butter or margarine, eggs, buttermilk and orange juice. Combine the liquid and dry ingredients and stir just until all are moistened. Let the batter stand 30 minutes. Make the syrup: In a small saucepan, stir together the orange juice and cornstarch; then add the molasses, sugar and butter. Cook, stirring constantly, until the syrup thickens and comes to a boil. Bake the waffles in a preheated waffle iron 5 minutes or until lightly browned. Top each waffle with a spoonful of cottage cheese, if desired, and serve with the warm syrup.

Bran Cereal Waffles

(Yields 4 servings)

¾ cup unbleached white flour (or ½ cup white and ¼ cup whole-wheat flour)
1 teaspoon baking powder
½ teaspoon baking soda
¼ cup honey
1 cup wheat-bran cereal
2 eggs, separated
1 cup milk or buttermilk
6 tablespoons butter or margarine, melted

Stir together the flour, baking powder, baking soda and bran cereal. In another bowl, combine the egg yolks, milk, melted butter and honey. Beat well. Beat the egg whites until they stand in soft points. Add the egg-milk mixture to the dry ingredients and stir just until all are moistened. Gently fold in the egg whites. Bake in a preheated waffle iron 5 minutes or until golden brown. (The batter should make eight waffle squares or four round waffles.) Leftover waffles may be frozen and reheated in toaster or oven for serving at a later time.

Oat Pancakes

(Makes 8 pancakes)

2 cups 100 percent whole-wheat flour
⅝ cup rolled oats
1 egg
1 tablespoon brown sugar
1¼ cups milk
1 tablespoon melted margarine
4 apples

Topping:
Juice 1 lemon
3 tablespoons chopped dates

Stir together the flour and rolled oats. In a separate bowl, beat together the egg, sugar, milk and melted butter. Stir in the flour and oats. Leave to stand for 30 minutes or, if more convenient, cover and

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leave overnight, then beat again before using. Heat a nonstick omelette pan (lightly smear with a little oil, if necessary). When the pan is hot, pour on just enough pancake mixture to cover the base of the pan very thinly. Tip the pan to spread the mixture evenly and fry until it bubbles. Turn over and cook the other side until golden brown. Slide on to a warmed dish and keep warm while making the rest. Core the apples, cut into slices and toss in the lemon juice. Divide the apples and dates between the pancakes and roll up. Serve hot.

Bran Cakes with Scrambled Eggs
(Serves 4)

⅝ cup milk
5 eggs
1½ cups bran cereal
¼ cup 100 percent whole-wheat flour
1 tablespoon margarine
Ground black pepper
2 large tomatoes, skinned and chopped
4 sprigs parsley (optional)

Heat the oven to 425° F. Grease a baking tray. To make the bran cakes, beat together the milk, 1 egg and the bran cereal. Leave for about 10 minutes, until the liquid has been absorbed. Stir in the flour. Divide into 4 and spread in circles on the baking tray. Bake for 20 to 25 minutes, until crisp. Meanwhile, melt the margarine in a small pan. Beat the remaining eggs, season with pepper and stir in the tomatoes. Cook the eggs over low heat, stirring with a wooden spoon. Transfer the bran cakes to a warm serving dish, pile the egg mixture on top, garnish with the parsley and serve at once.

Morning Biscuits
(Serves 4)

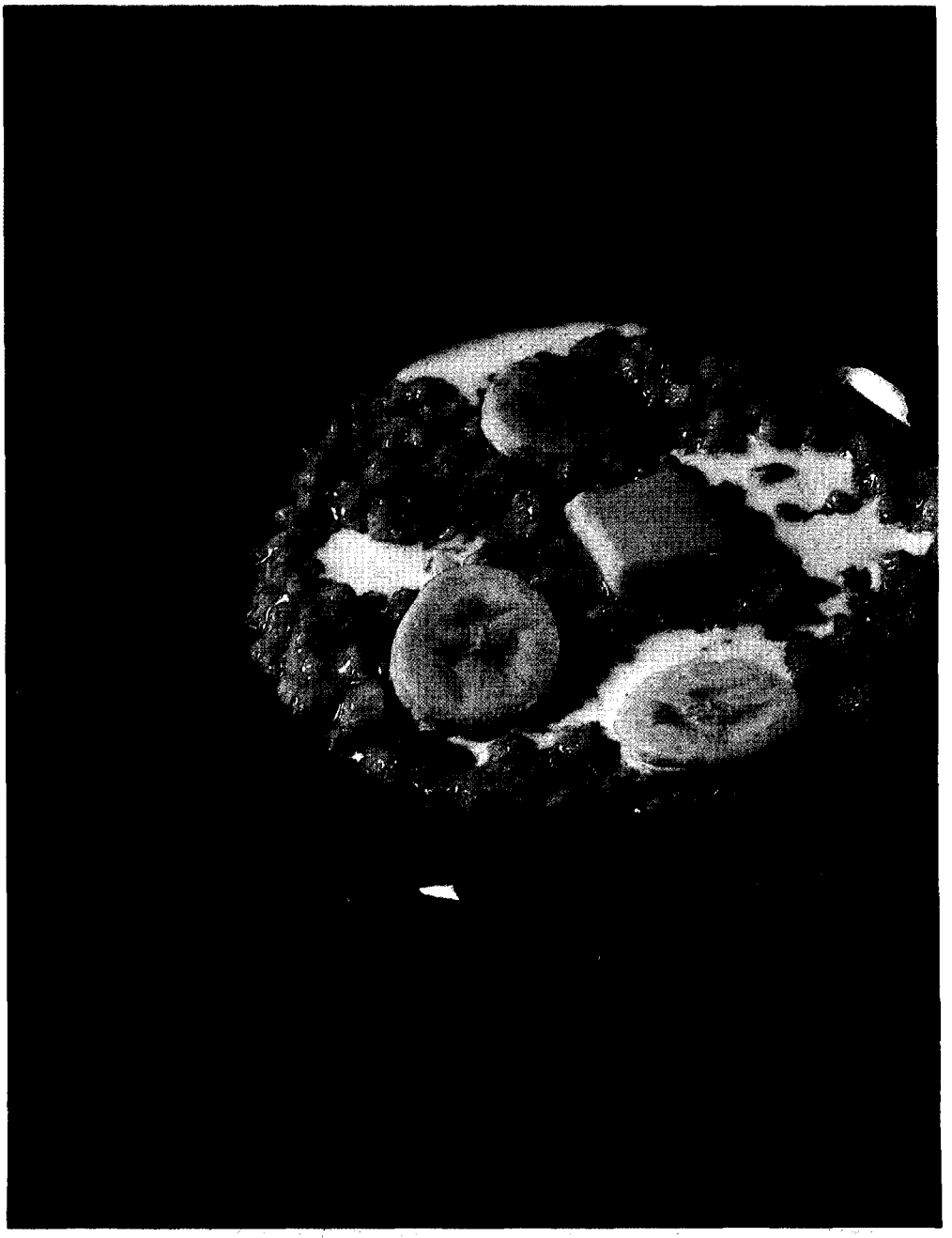
½ cup bran cereal
4 tablespoons milk, and extra to glaze
2 cups 81 percent wheat-meal self-raising flour
2 tablespoons butter
1 egg

Heat the oven to 425° F. Grease a baking tray. Stir together the bran and milk and leave for about 10 minutes, until the liquid has been absorbed. Stir together the flour and baking powder, if used, and rub in the butter until the mixture resembles fine breadcrumbs. Beat the egg into the soaked bran mixture, pour it on to the flour and stir quickly to form a dough. Knead the dough lightly and shape into a 7-inch round. Lightly score the top into eight sections and brush with milk. Place on the baking tray and bake for 10 to 12 minutes. Serve biscuits warm topped with cottage cheese and raisins or white raisins. If you prefer, the dough can be made the evening before, and left ready to bake fresh for breakfast the next morning. Glaze the top just before baking.

Peachy Oatmeal
(Makes 4 servings)

2⅔ cups milk
1⅓ cups Quaker Oats (quick or old-fashioned, uncooked)
Fresh or canned peach slices
Brown sugar

In medium saucepan, combine milk and oats. Bring to a boil. Reduce heat; simmer 3 to 5 minutes for Quick Oats, 6 to 8 minutes for Old-Fashioned Oats. Remove from heat. Cover; let stand 2 to 4 minutes before serving. Serve with peach



There is no better way to feel your oats than by beginning the day with a bowl of steaming oatmeal topped with fruit. Besides complex carbohydrates, oatmeal contains 13 percent protein, plus calcium, iron, vitamin B_1 and nicotinic acid.

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slices and brown sugar.

Microwave Oven Directions: Combine ingredients in one-quart glass measure or bowl. Cook at high 6 minutes for Quick Oats, 8 minutes for Old-Fashioned Oats, stirring once halfway through cooking time; mix well. Cover with wax paper or plastic wrap. Let stand 2 to 4 minutes before serving.

Oat Bran Muffins
(Makes 1 dozen muffins)

2¼ cups Oat Bran cereal
¼ cup firmly packed brown sugar
¼ cup chopped nuts
¼ cup raisins
1 tablespoon baking powder
¾ cup milk
2 eggs, beaten
¼ cup honey or molasses
2 tablespoons vegetable oil

Heat oven to 425° F. Coat 12 medium muffin cups with vegetable pan spray or line with paper baking cups. In large bowl, combine Oat Bran cereal, sugar, nuts, raisins and baking powder. Add remaining ingredients; mix just until dry ingredients are moistened. Fill prepared muffin cups ¾ full; bake 15 to 17 minutes or until golden brown.

Peachy Bran Coffee Cake
(Yield: 9 servings)

1 1-pound can sliced peaches
1 cup wheat bran cereal
1 egg
¼ cup butter or margarine, softened
1 cup unbleached white flour
2½ teaspoons baking powder
¾ teaspoon cinnamon
¼ cup sugar

Preheat the oven to 400° F. Oil a 9-inch square baking pan. Drain the peaches, reserving the syrup. Combine the bran cereal and ⅔ cup of the syrup from the peaches in a large mixing bowl. Stir and let stand until the moisture is absorbed. Add the egg and soft butter or margarine and beat well. In another bowl, stir together the flour, baking powder and ¼ teaspoon of the cinnamon. Add the dry ingredients to the other mixture and stir just until all the dry ingredients are moistened. Pour the batter into the prepared pan. With a floured spoon, make grooves in the batter diagonally about 1½ inches apart. Place the peach slices in the grooves. Sprinkle with remaining cinnamon and sugar. Bake 30 minutes.

Alcoholics Anonymous

continued from page 32

around to admit that alcohol has him whipped and that his life has become unmanageable. Having achieved this state of intellectual humility, he is given a dose of religion in its broadest sense. He is asked to believe in a Power that is greater than himself, or at least to keep an open mind on that subject while he goes on with the rest of the program. Any concept of the higher Power is acceptable. A skeptic or agnostic may choose to think of his Inner Self, the miracle of growth, a tree, man's wonderment at the physical universe, the structure of the atom or mere mathematical infinity. Whatever form is visualized, the neophyte is taught that he must rely upon it and, in his own way, to pray to the Power for strength.

He next makes a sort of moral inventory of himself with the private aid of another person—one of his AA sponsors, a priest, a minister, a psychiatrist or anyone else he fancies. If it gives him any relief, he may get up at a meeting and recite his misdeeds, but he is not required to do so. He restores what he may have stolen while intoxicated and arranges to pay off old debts and to make good on rubber checks; he makes amends to persons he has abused and, in general, cleans up his past as well as he is able to. It is not uncommon for his sponsors to lend him money in the early stages.

This catharsis is regarded as important because of the compulsion which a feeling of guilt exerts in the alcoholic obsession. As nothing tends to push an alcoholic toward the bottle more than personal resentments, the pupil also makes out a list of his grudges and resolves not to be stirred by them. At this point he is ready to start working on other active alcoholics. By the process of extroversion, which the work entails, he is enabled to think less of his own troubles.

The more drinkers he succeeds in swinging into Alcoholics Anonymous, the greater his responsibility to the group becomes. He can't get drunk now without injuring the people who have proved themselves his best friends. He is beginning to grow up emotionally and to quit being a leaner. If raised in an orthodox church, he usually becomes a regular communicant again.

Simultaneously with the making over of the alcoholic goes the process of adjusting his family to his new way of living. The wife or husband of an alcoholic, and the children, too, frequently become neurotics from being exposed to drinking excesses over a period of years. Reeducation of the family is an essential part of a follow-up program that has been devised.

(continued next issue)

Hypertension

continued from page 60

intake of calcium of 688 mg compared to 886 mg intake in the normotensives. The major difference present in the diets of the two groups was in their use of dairy products, mainly their uses of cheeses and other nonmilk sources of calcium. The hypertensives consumed 148 mg of calcium from nonfluid dairy products, while the normotensives consumed 400 mg of the same form of calcium each day.

These findings may provide an interesting insight into the cause of hypertension. If a low calcium intake is not just a coincidental feature, there may be protection from a higher calcium intake.

At the least, these findings suggest that hypertensives should not reduce their consumption of calcium-containing foods. Unfortunately, milk and most cheeses contain fairly large amounts of sodium. If the hypertensive goes on a diet very restricted in sodium, the calcium intake could be simultaneously decreased.

Fortunately, most of the benefits of sodium restriction can be gained by only a moderate reduction of dietary salt, down to a level approximately half of the usual amount—from 5,000 milligrams (2½ teaspoonfuls) to 2,000 milligrams (one teaspoonful) a day.

That degree of sodium restriction can usually be accomplished simply by leaving off the saltshaker (or using a salt substitute) in the cooking and at the table and avoiding those processed foods that are heavily salted (such as catsup, tomato juice, most canned soups, salami and bologna, cured ham and bacon). There's little reason to curtail milk, and there are some good cheeses that are known to be relatively low in salt and fat.

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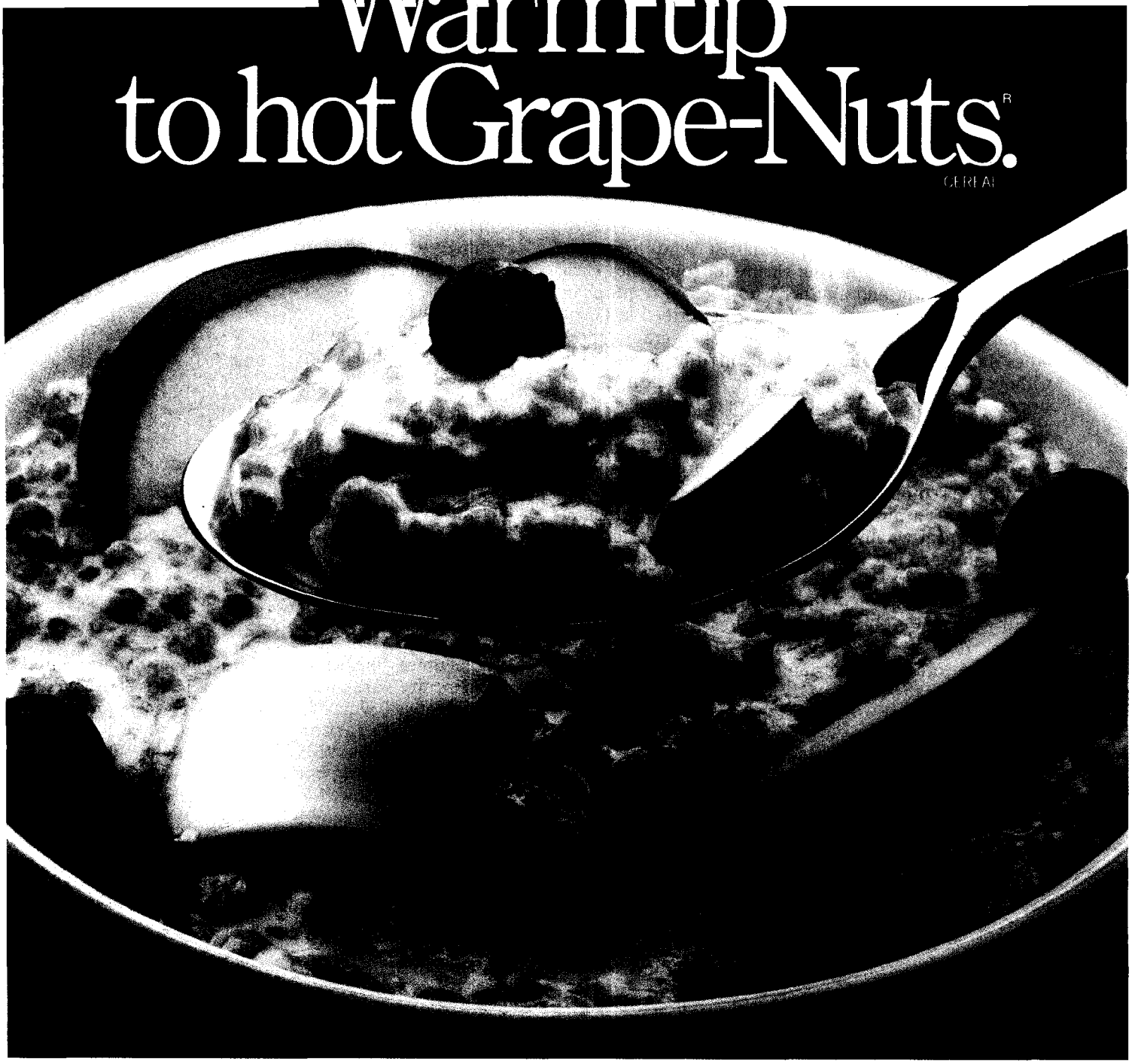
Warm up to hot Grape-Nuts.®

CEREAL



Here's a deliciously easy way to take the chill out of a cold morning. Hot Grape-Nuts® cereal.

A savory blend of wholesome wheat and barley. Deliciously hearty. Uniquely Grape-Nuts. And great with fruit.

Make all the Hot Grape-Nuts Cereal recipes. You'll find them on the backs of Grape-Nuts, Raisin Grape-Nuts and Grape-Nuts Flakes packages.

And warm up to the great hot taste, from an unexpected place.

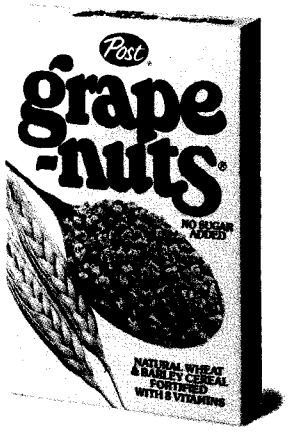
GF GENERAL FOODS

© 1982 General Foods Corporation.

Hot Grape-Nuts Recipe

¼ cup POST® GRAPE-NUTS® Brand Cereal
⅓ cup milk
1 teaspoon sugar (optional)
1 teaspoon butter (or margarine)

Combine all ingredients in saucepan. Bring to a boil, reduce heat and simmer 1 minute, stirring occasionally. Top with your favorite fruit and spice, and serve hot with additional milk, if desired. Makes 1 serving.



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MEDICAL MAILBOX

by Cory SerVaas M.D.

"Exercise and temperance can preserve something of our early strength even in old age."
—Cicero (106-43 B.C.)

Tryptophan for Depression

We met an interesting psychiatrist who helps his depressed patients by having them run four miles each morning at dawn, and another who is using tryptophan for depressions. Tryptophan is now prescribed in Great Britain for depressions in a dosage of two grams, three times daily. Tryptophan is a foodstuff that is available without a prescription in drugstores and health-food stores. Pharmaceutical companies are not apt to use their research budgets to investigate tryptophan, since it offers little potential for paying back the research and development costs. Since it is a simple foodstuff, it can't be patented. Tryptophan is believed to enter into neurotransmission chemistry as a precursor of serotonin, a brain chemical vitally necessary to normal emotional functioning, and it is frequently used as an adjunct to the standard antidepressants—in other words, British physicians seem to think that administering tryptophan with another antidepressant produces increased effectiveness.

Data from Denmark suggest that the ratio of tryptophan to other neutral amino acids in the blood characterizes patients whose depression responds to tryptophan, whereas other depressed patients do not respond.

Tryptophan, found in protein, is a normal part of our diet, and the average daily intake is one to two grams.

No serious side effects have been reported from long-term use of supplemental tryptophan. One interesting observation by one clinician is that, if tryptophan is taken during the day, it doesn't cause drowsiness; but if the same dose is taken in the evening, which appears to be a time of maximal serotonin synthesis, it has sedative effects.

Doctors dislike recommending a product until a good double-blind scientific study has been done, and they sometimes will remark that there is *no evidence* that a particular product does any good, without adding, for the layman's benefit, that there is also *no evidence* that it *doesn't* help, since *no* studies have been done. It's a Catch 22.

Sometimes medicines or remedies are used "empirically," which in the medical jargon would mean that "it's been known to work, but we don't know how."

We'd like to request that readers who have used tryptophan for mild depression write to let us know how it worked for you. Did it work? How long had the depression lasted before you began using tryptophan? If it failed to help we would like to know that, too.

Tryptophan, an essential amino acid, has been used successfully by some for treating depression. Since it can't be synthesized by the human body, it must be supplied in the diet as it is necessary for life.

"First he began jogging a mile, then two miles, then five miles, then 25 miles, and that was the last I saw of him."

Histoplasmosis

Dear Dr. SerVaas,

What a coincidence that *The Saturday Evening Post* should publish "Mystery in Room 2-A" just at the time when I am having a personal, not very pleasant memory "jog" of that period of time in 1955 when I was a seventh-grade student in Mountain Home Junior High School.

In May of this year, more than 27 years after Mountain Home's epidemic of histoplasmosis, I began to experience a blurry obstruction in the vision of my left eye. Luckily, Dr. Barry Marshall, the optometrist to whom I first went, was able at once to make the diagnosis of retinal lesions caused by histoplasmosis. Dr. Allen Koskan, ophthalmologist, of the Gulfport Eye, Ear, Nose and Throat Clinic, to whom I was referred for treatment, told me that the histoplasmosis organism had lain dormant for years until something reactivated it, causing it to attack the retina of my eye.

My outbreak has now been halted, lesions healed, leav-

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ing me with, after one outbreak, a ten percent vision loss in my left eye and a lot of questions with no answers. Will the organism lie dormant for another 27 years, or will it reactivate next month, perhaps, this time in a more central location, causing a greater vision loss? Will it spread to my right eye? What causes it to reactivate? Stress? (I can really tell you about stress.) How many others, who, like me, were not even ill with histoplasmosis in 1955, are carrying around a little personal time bomb in their eyes, or even, I understand, in the brainstem, where it also sometimes attacks?

So Berton Roueché can update his figures and add another documented case. And I strongly advise anyone who lived in Mountain Home, Arkansas, in 1955, who experiences any change in his vision, to hurry to a qualified doctor, because any delay results in more of a retinal loss.

—Mrs. Linda Jenkins

Your advice to your townspeople of Mountain Home is appropriate, and we might add that there have been numbers of histoplasmosis outbreaks in other Southern cities as well as in the Midwest. Many people who don't live in areas where histoplasmosis is endemic probably aren't even aware of it. Indiana and Mississippi are states that have had recent epidemics.

I doubt that any physician could tell you for sure whether or not you might have a recurrence. It is not known whether or not stress might bring about a flare-up. A very close watch should be kept on the condition of the eyes of former histoplasmosis patients. As you know, early treatment saves visual loss.

Between one and two percent of those who contract histoplasmosis will have eye complications. These problems consist of numerous small areas of scarring beneath the retina. In 60 percent of the cases, this will initially involve both eyes. Visual loss depends on continued activity of the disease process and the location of these so-called "histo spots," with the worst loss occurring when they are located in the "macula," or area of central vision. Such disease located in one eye can appear in the other eye up to one month later or may be delayed as long as 20 to 30 years or more.

Moses Knew Best

Dear Dr. SerVaas,

I am writing about "Being Gay Is a Health Hazard" (October '82). I read the article on Saturday. On Sunday our minister preached on Leviticus 18:22 ("Thou shalt not lie with mankind, as with womankind; it *is* abomination"). Man should not lie with men or He would punish them. So I guess He has. You cannot go against God. He is our Maker.

—Mrs. Alma Price

Dear Dr. SerVaas,

Acquired Immune Deficiency Syndrome (AIDS) affects almost exclusively homosexual men and weakens their bodies' defenses against diseases normally overcome. Romans 1:27 "And likewise also the men, leaving the natural use of the woman, burned in their lust one toward another; men with men working that which is unseemly, and receiving in themselves that recompence of their error. . . ."

—Mrs. John Mitchell

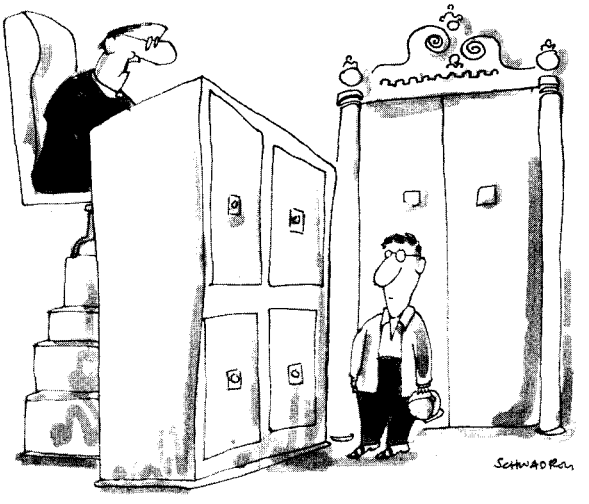
Cook with Bones

When our society gave up cooking soup bones regularly, we may have brought about an increased incidence of osteoporosis and bone fractures. Physicians who have researched calcium and diet at Stanford University and at Creighton University have looked into this possibility in their labs. They made different soups using roasts with bones in them and roasts without bones in them, and found that there was a very significant difference in the amount of calcium in the broth depending on whether or not the soup was made with a bone in it.

Dr. Robert Marcus of the Stanford University School of Medicine pointed out that people used to make oxtail soup and a lot of home-cooked soups with bones in them and that, by and large, people really don't do as much of that anymore.

There has been a lot of controversy about how to take calcium supplements, but these experts feel that postmenopausal women should have 1,500 mg of calcium a day. They feel the RDA of 800 mg per day should really be higher. Dr. Marcus said, "The recommendation that calcium intake for adolescent and premenopausal adult American women be at least 1,000 mg/day is rational and practical."

These experts feel that bone meal and dolomite sometime contain impurities and even high amounts of lead. Therefore, they recommend supplementing the diet with calcium carbonate pills. Persons who have a family history of kidney stones are cautioned not to use calcium supplements. Except for this group, the supplemental calcium has not been known to cause any problems and is beneficial in preventing the loss of calcium in the bones and the resultant shrinking in height and vulnerability to fractures.



"Do you wish to plead guilty, not guilty, not guilty by reason of insanity, not guilty by reason of hypoglycemic sugar reaction, not guilty by reason of caffeine, nicotine or drug withdrawal, or not guilty by reason of inadequate parenting?"

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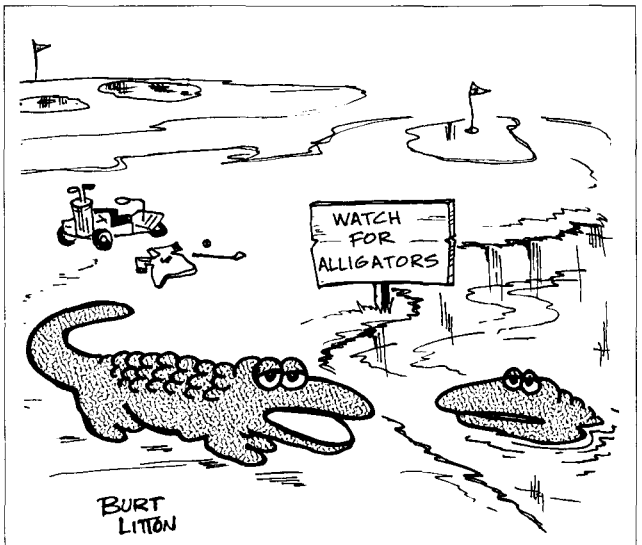
Copper Ring

continued from page 29

nea of the eye. The relentless retention of copper begins at birth, but so efficient is the liver in its protective role that years, many years—ten, 20, even 30 years—may elapse before the first intimations of morbidity are felt.

The liver, understandably, is the first of the susceptible organs to suffer damage. This damage, however, may not immediately be clinically apparent. When it is, the manifestations are often mistaken for chronic active hepatitis. Many cases of Wilson's disease (at least 40 percent) are at this stage asymptomatic, and the first forceful indications of disease appear only when the accumulation of copper in the brain has reached a level of bruising concentration. These indications embrace a sweeping range of neurological disturbances—slurred speech, failing voice, excessive salivation, drooling, difficulty in swallowing, tremor (hands, head, trunk), incoordination, spasticity, muscular rigidity, progressing to bedridden helplessness. They may also mysteriously appear in the guise of functional disease, as an adolescent adjustment problem, an anxiety neurosis, as depression, even as schizophrenia. The gravitation of copper to the eye has an equally curious impact. It produces a phenomenon known to medicine (in celebration of two German investigators who were its pioneer observers) as the Kayser-Fleischer ring. A Kayser-Fleischer ring consists of a more or less complete ring of rusty-brown pigmentation—a literal implantation of copper—around the rim of the cornea. It is not known just how the copper is deposited there. The apparition, however, is at once a harmless peculiarity and a signal of the utmost clinical significance. The liver damage that occurs in Wilson's disease and its subsequent neurological disruptions may be perhaps misunderstood by the indifferent diagnostician, but only ignorance can see and ignore the Kayser-Fleischer ring. The Kayser-Fleischer rings are definitive signals of Wilson's disease, and failure to comprehend their meaning is a fateful diagnostic error. For unless Wilson's disease is opportunely recognized and promptly and appropriately treated it is invariably and agonizingly fatal.

I talked with Dr. Cartwright—Dr. George E. Cartwright—in his office at the hilltop Utah Medical Center, a big, sunny room with a view of Salt Lake City spread distantly out below. Dr. Cartwright, a graduate of the University of Wisconsin and of the Johns Hopkins University School of Medicine, is a sparkling, white-haired man in his late middle years, small and wiry, with three passionate enthusiasms—backpacking, skiing and Wilson's disease. Indeed, as Dr. Shields was providentially aware, he is generally considered (along with Irmin Sternlieb and I. Herbert Scheinberg, both of Albert Einstein College of Medicine in New York, and J. M. Walshe of Cambridge University) to be among the most eminent contemporary students of the disease.



"I just didn't have the heart to eat the shirt."

"Of course I remember Carol Terry," he told me. "Carol is one of my best successes. But it was a very near thing. Dr. Reiser caught her just in time. He had seen a case of Wilson's disease in medical school and remembered what it looked like. I've somehow happened to see a lot of Wilson's disease—relatively a lot, I should say. We estimate the total number of cases in the United States at only around a thousand. I've seen a dozen or so. Carol was in many ways a classic case. I appreciate that Wilson's disease is not an easy disease to diagnose. Not every doctor has it prominently in mind. And I appreciate that Carol's eyes are not blue or gray or green—she has dark eyes, hazel eyes, which made her Kayser-Fleischer rings a little hard to notice at a glance. But—my lord! I remember the first time I saw her. Dr. Shields had called me and told me about Dr. Reiser's providential memory, and I arranged to have her admitted here as a research patient. I'll never forget the look of her. She *looked* like Wilson's disease. She had the typical masklike face and the fixed and twisted smile. She had what we call the wing-flapping tremor in her arms. Her fingers were constantly moving in what we call a pill-rolling tremor. She was drooling. I thought her Kayser-Fleischer rings were grossly visible. When I said hello to her, she answered me in that distinctive slurred speech, and in that typically squeaky voice. And then she gave that laugh they have. It's the damnedest laugh—it doesn't come in the usual way; it comes on inhalation. It was all there. She was practically a textbook presentation. I think my secretaries could have made the diagnosis.

"But, of course, we ran the standard laboratory tests. They confirmed Dr. Reiser's diagnosis and the evidence of my own eyes. Her serum-copper determination was 58. Normal is between 81 and 147. Her ceruloplasmin—a definitive test—was 4.6. Normal is between 25 and 43. Her urine copper was 400. Normal is between 5 and 25. The tragic thing is that her liver involvement had been noted in all of her hospital stays. Noted, but either ignored or misinterpreted. The trouble is, of course, that cases like Carol's which present both psychological and neurological symptoms, are almost always diagnosed as psychiatric problems. At least 50 percent of the cases I've seen or know something about

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were first diagnosed as functional. And a psychiatric diagnosis tends to stick. I fault psychiatry on that. The psychiatrist should not assume that every patient in the six to 32 age group who seems to be in need of psychiatric help is actually a psychiatric patient. He should stop and consider the possibility of somatic illness. And in a referral, he shouldn't simply accept the previous diagnosis. He should see for himself. I'll go further. I would suggest that all individuals admitted to psychiatric wards between the ages of six and 32 be screened for Wilson's disease with a ceruloplasmin test. It's a simple test—all you need is a blood sample. That would save a lot of misery, even lives.

"Wilson's disease has always been a rare disease. I'm sure it always will be. But it is even rarer in another respect. It's not only treatable, it is also preventable. That sets it apart from the great majority of diseases. By preventable, I mean this: If the disease is diagnosed early enough—if treatment is started in good time—then its terrible progression of symptoms can be stopped before they start. That's the point of routine ceruloplasmin testing. Treatment isn't to be confused with cure. There is as yet no cure for Wilson's disease, and none in prospect. It is difficult even to conceive of one. It would require some extraordinary genetic manipulation. The treatment of Wilson's disease is basically very simple and straightforward. The idea is to remove the toxic concentration of copper in the body and prevent its reaccumulation. The first relatively effective therapy was initiated by a group of British investigators in 1948. That was the same year in which the role of copper in the disease was firmly established. The investigators used a chemical, dimercaprol, generally known as Birish antilewisite, or BAL. BAL was developed at Oxford during the Second World War as an antidote to an arsenical war gas called lewisite. It was later found to be effective against other heavy metals, of which copper, of course, is one. BAL was of use in Wilson's disease. I used it for some years. Unfortunately, it has its drawbacks. It is administered

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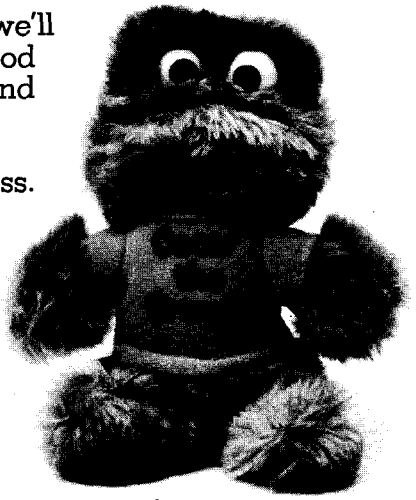

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by injection, and they are all very disagreeable injections—long and painful. And also BAL has frequent severe side effects. The treatment now in use was developed by J. M. Walshe, of Cambridge, in 1956. His paper 'Penicillamine, a New Oral Therapy for Wilson's Disease' is a classic. Penicillamine is a derivative of penicillin, but it's not an antibiotic. It's what we call a chelator. It has the ability to combine with—to bind—a metal. In Wilson's disease, it mobilizes copper from the tissue and excretes it in the urine.

"Penicillamine is truly a life-saving drug. The results can be dramatic. I'm not talking about overnight improvement. But unless the patient has suffered irreparable destruction, the damage can be repaired. Little by little, the liver returns to normal, the Kayser-Fleischer rings fade away, and the neurological manifestations disappear. The standard regimen combines penicillamine and potassium sulfide. Potassium sulfide acts to prevent the absorption of copper by forming an unabsorbable copper sulfide in the gut. Since penicillamine is a treatment rather than a cure, it is continued for the lifetime of the patient. Potassium sulfide is usually discontinued within six months or a year. We started Carol on therapy on April 11—20 milligrams of potassium sulfide three times a day and one gram daily of oral D-penicillamine in three equal doses. She responded well. The first notable change was the disappearance of her so-called psychiatric symptoms. They departed as soon as she learned the true nature of her trouble. In less than a month, she was doing well enough to continue her convalescence at home, and I discharged her on May 8. I saw her as an out-patient at intervals through the rest of 1973. I readmitted her for a week of thorough evaluation on December 2. She had continued to progress satisfactorily, and I discharged her. Here's what I mean by satisfactory. I'll read you a few lines from her discharge summary. 'Patient is currently without specific complaint referable to disease, and she has improved dramatically since March, when her disease was discovered and she was placed on penicillamine therapy. Her only residual of the disease is a limp on the right and some mild dysarthria and an occasional tremor, usually brought on by anxiety states.' Dysarthria means slurred speech. Her recovery was really impressive.

"I was also impressed by her emotional recovery—her character. Carol had had two years of college in California before her first marriage. She went back to school in January of 1974. She enrolled at the University of Utah here. Not only that. She soon began doing volunteer work at the hospital, and then she got a part-time job, as a file clerk with the Bureau of Land Management of the Department for the Interior. She met Michael Terry there, and they were married in June of 1976, and in December she got her degree. And moved to Washington. I see her once a year, though. She was here just a few months ago, visiting her parents. I'm not sure that her walk and her speech will ever be entirely normal. We'll just have to wait and see." ❦

Where do you think you are?

(Answers from page 92)

1. Mississippi
2. Arizona
3. Alaska
4. Pennsylvania
5. Colorado
6. Alabama
7. Arkansas
8. Indiana
9. New York

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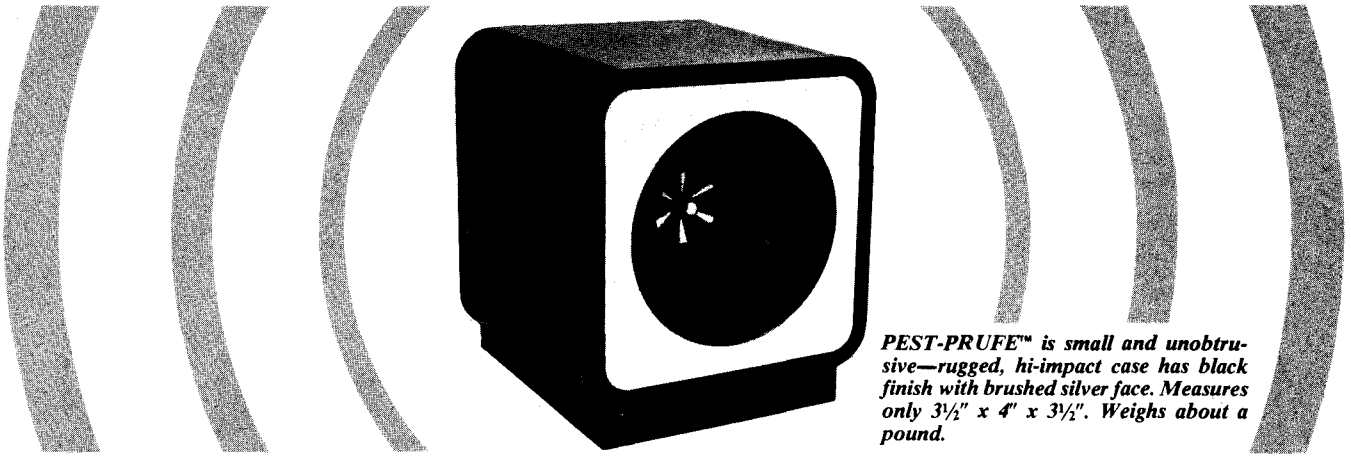

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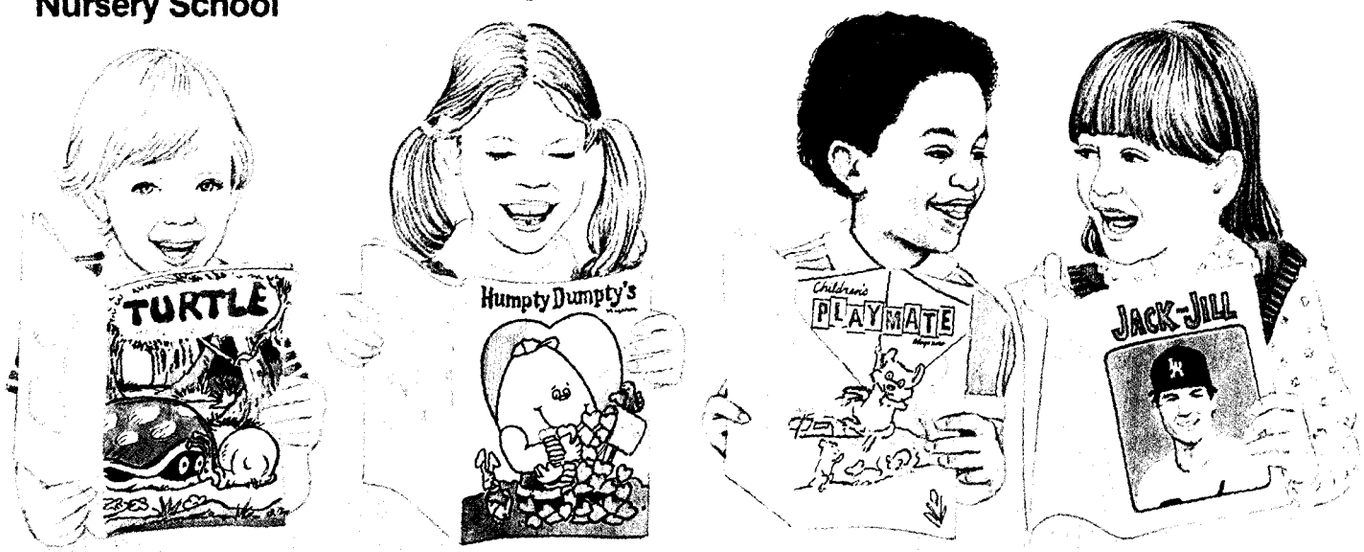

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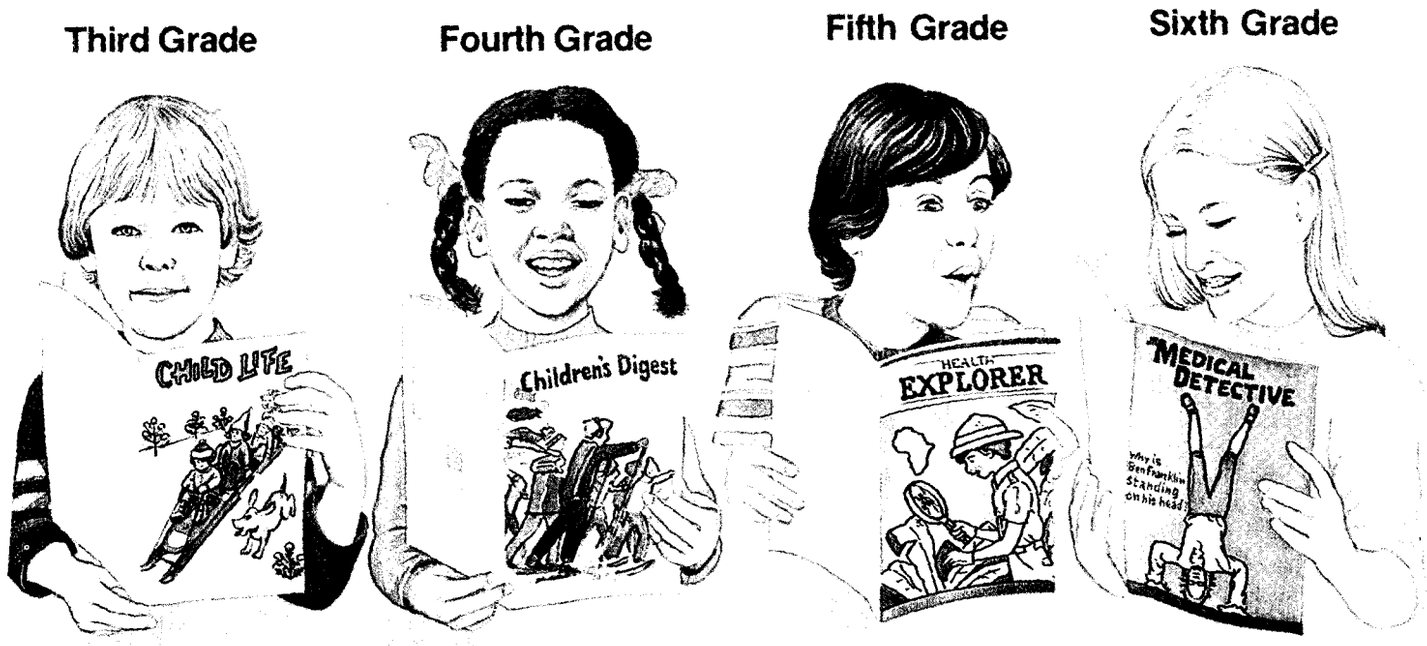

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SAN DIEGO ON THE OUTSIDE

An air-conditioned climate and city-wide playground make being outdoors one of San Diego's essentials of life.

by Susan Vreeland

Amsterdam has its canals, Monte Carlo its casinos and New York its theaters and night life, but San Diego, smug and happy second fiddle to Los Angeles, has its day life, its out-of-doors life. And it clings proudly to its uniqueness. Blessed with a climate close to what it must be like in heaven, San Diegans do much of their living outdoors. You're apt to see nearly as many people walking, bicycling, working, sleeping and playing outdoors in December as in July.

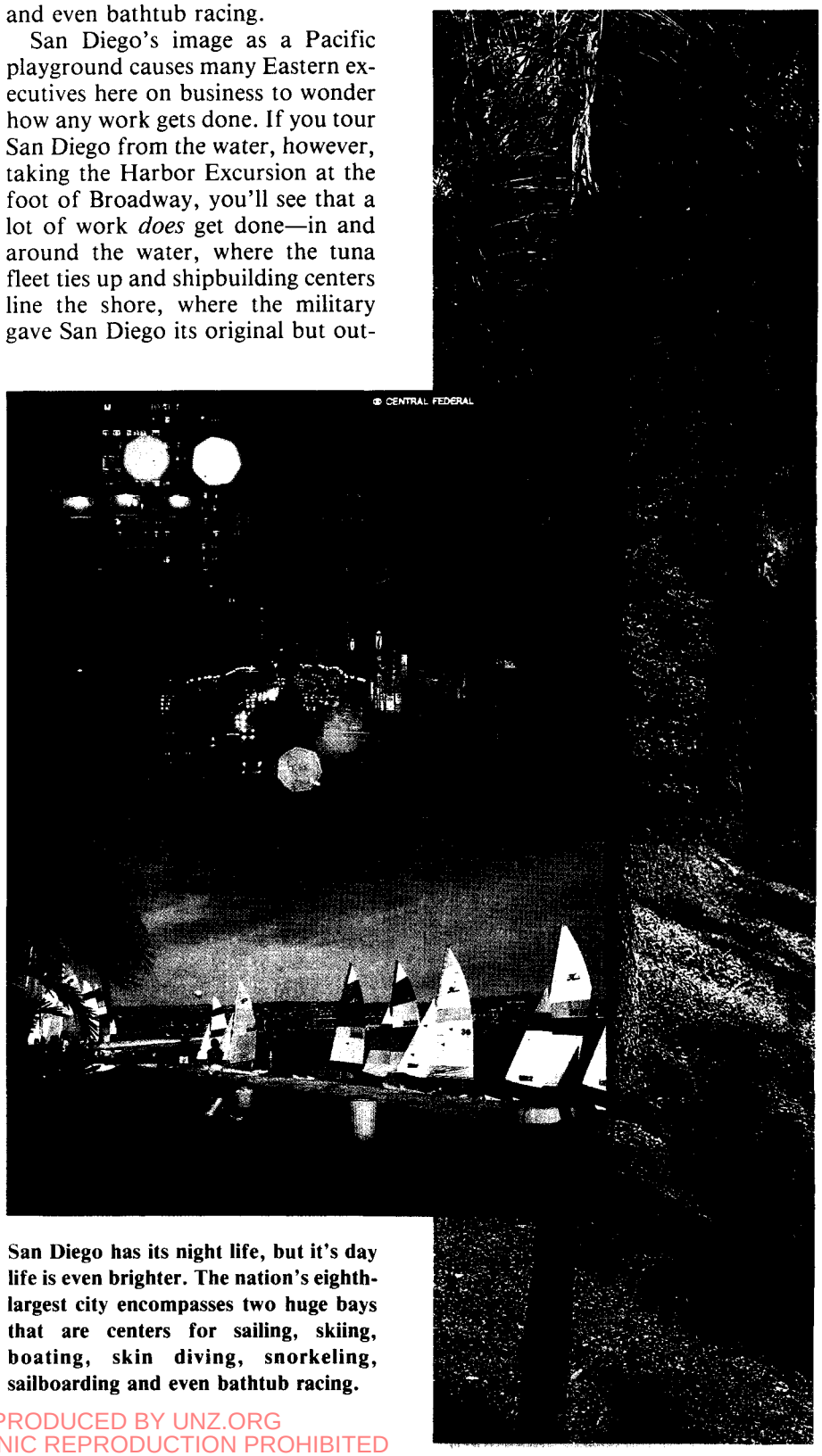
Concerts are outside, theater is under the stars, restaurants have patio dining, and executives jog along the water's edge at lunchtime. So if you're going to San Diego, be sure to wear good walking shoes—and sunglasses—any time of year.

Residents say that three factors are responsible for their special love for San Diego: water, the cultural scene centered in its city park and the rich variety of San Diego's surroundings.

Among certain sets, status is accorded by the relative distance from one's house to the water: three miles, four blocks, two lots, with honors and envy given to those who complain that there's always a touch of sand in their bathroom or that they couldn't get to sleep the night before because of the sounds of the waves.

The nation's eighth-largest city envelops two huge bays—one an international port, dotted by posh yacht clubs, the other a pure pleasure park. Both are included in a 50-mile scenic drive narrated by a tape available at the Tourist Information Center in Mission Bay. Taking this drive any month of the year, even at 7 a.m., you'll see surfers astride their boards battling the big ones at WindanSea Beach and people sailing, skiing, power boating, surf and deep-sea fishing, skin diving, snorkeling, trying out the newest water sport of sailboarding and even bathtub racing.

San Diego's image as a Pacific playground causes many Eastern executives here on business to wonder how any work gets done. If you tour San Diego from the water, however, taking the Harbor Excursion at the foot of Broadway, you'll see that a lot of work *does* get done—in and around the water, where the tuna fleet ties up and shipbuilding centers line the shore, where the military gave San Diego its original but out-



San Diego has its night life, but it's day life is even brighter. The nation's eighth-largest city encompasses two huge bays that are centers for sailing, skiing, boating, skin diving, snorkeling, sailboarding and even bathtub racing.

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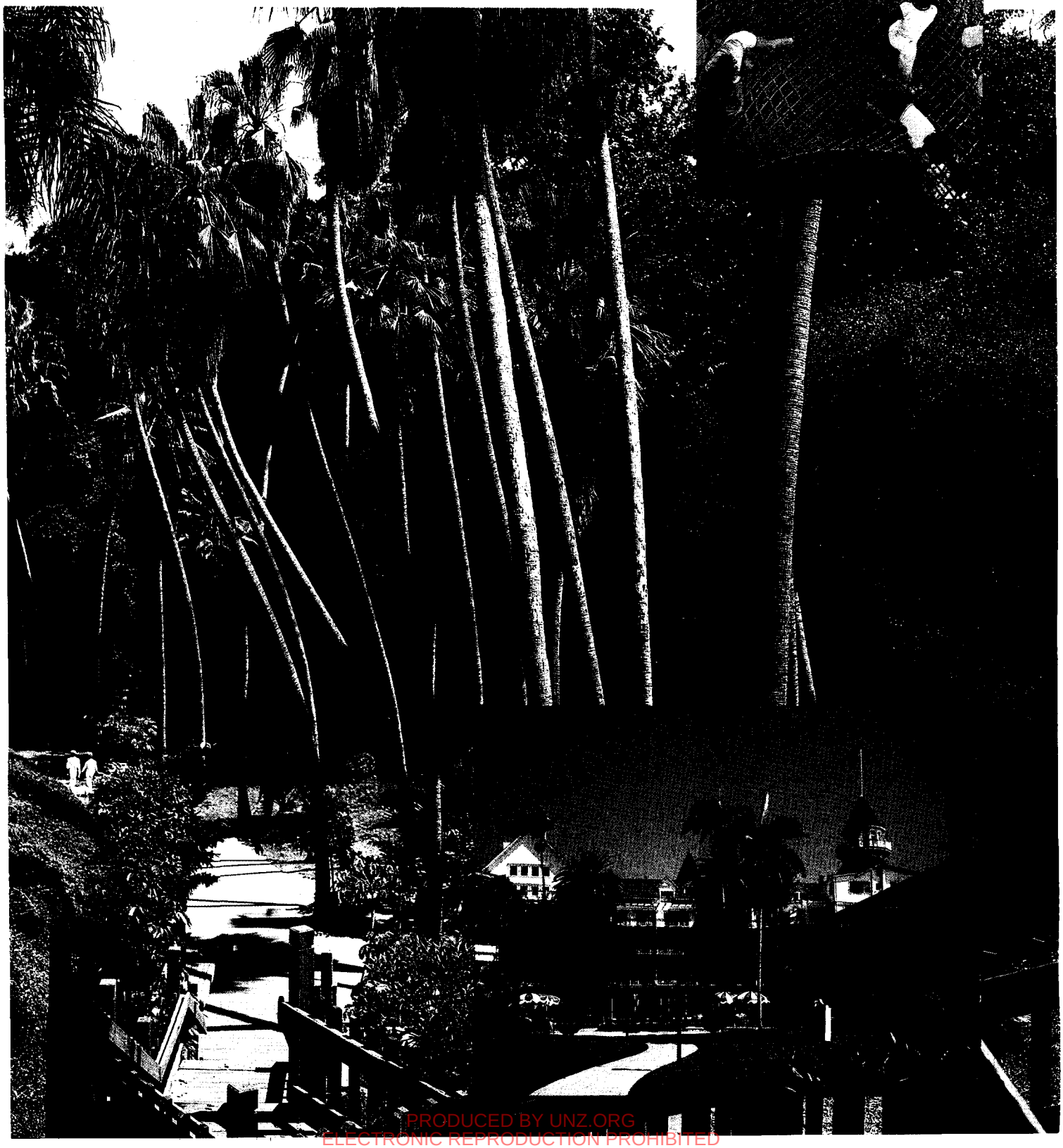
grown character as a Navy town, where high-rise offices stand near the masts of the century-old British square-rigged barque, *Star of India*, oldest merchant ship afloat, and where much work involves making this water world available to visitors.

At the West's own Paris-by-the-Sea, La Jolla (pronounced La Hoya), walkers can deviate from elegant boutiques and galleries to coastal cliffs, tidepools and even ocean caves. From Point Loma peninsula, guarded since 1855 by the Cabrillo Lighthouse, you can look

The geographic and cultural center of San Diego is Balboa Park, although youngsters may argue it is the cage at Kids' World, and for the weary, it could be the Hotel del Coronado.



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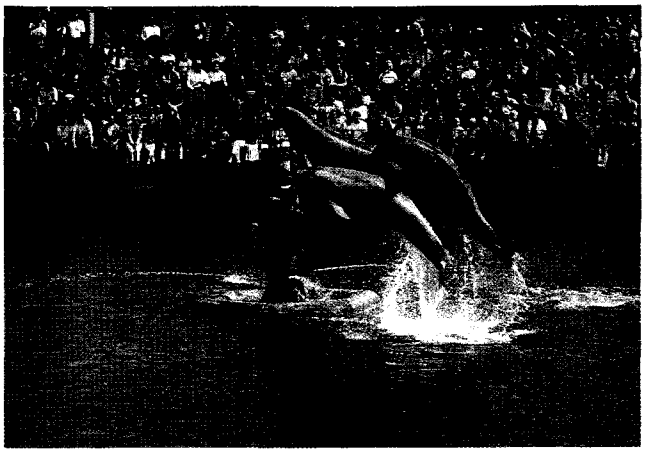
out to see the open ocean, where, in January and February, you're apt to notice the California gray whale on its annual migration to Mexican waters.

A closer look at marine creatures is available at Sea World, the 100-acre marine park of tropical lagoons, fish and marine mammals from all oceans, a shark exhibit, a whale and dolphin petting pool and the spectacular performing killer-whale production. If ever San Diego was to have a mascot, it would be Shamu, the playful black-and-white wonder, weighing in at 4,000 pounds and known to San Diegans for its teasing, slobbery kisses and awesome jumps.



Sea World, San Diego's 100-acre marine park of tropical lagoons, features a shark exhibit, Shamu—the 4,000-pound killer-whale—and a whale and dolphin petting pool.

At the heart of San Diego geographically and culturally is Balboa Park. Athlete or aesthete, music, art or theater lover, hobbyist or scientist—everyone can pursue his interest within the sound of the baroque California Tower's 100-bell carillon. A walk down El Prado, the heart of the park with its lily pond, botanical gardens and subtropical foliage, transports you to a Mediterranean pleasure garden. The Spanish-Moorish buildings lining the promenade were constructed for two World's Fairs, in 1915 and 1935, and now house museums.

Along El Prado, the Museum of Man illustrates man's physical and cultural development, emphasizing Indian cultures, while the Natural History Museum focuses on the Southwest. The Reuben H. Fleet Space Theater features out-of-this-world films projected on a 76-foot hemisphere screen. Viewers seated within this giant half-ball are taken inside volcanoes (even Mt. St. Helens) and through the clouds shrouding Venus. An accompanying Science Center contains "please touch" exhibits—one where viewers can watch their hearts beat.

The collective heart of San Diego skipped a beat in March of 1978 when an arsonist's torch sent the Park's beloved Old Globe Theater up in flames after 29 summers of Shakespeare-by-the-sea. Stunned but moved to action by obvious parallels to the fire destroying the Bard's original London playhouse, the city joined forces to complete the Simon Edison Center for the Performing Arts, a complex of three theaters, including an outdoor festival stage beneath towering eucalyptus trees; the Cassius Carter Center Stage, an intimate theater in the round; and the rebuilt reproduction of Shakespeare's original "wooden O," the *new* Old Globe, ultimate in state-of-the-art theatrical technology.

As if that's not enough for one park, there are free Sunday organ concerts year round in the 5,000-pipe Organ Pavilion—outdoors, of course. Then there's the Aerospace Museum, Sports Hall of Champions, Photographic Arts Building, vintage merry-go-round, miniature railroad, archery range, roque, folk dancing and a cafe on a terrace.

The park's most-visited attraction is the world-famous San Diego Zoo, where the peacocks, roaming freely, welcome visitors, and pink flamingoes pose nonchalantly in their lagoon paradise. The San Diego Zoo is both a zoological garden decorated with exotic plants and a botanical garden of rare plants and tropical flowers sprinkled with some wild animals. In addition to 3,200 birds, reptiles and mammals, it boasts one of the world's finest collections of flora—some of which provide needed food for the animals.

With San Diego children making yearly school trips to the zoo, it's not uncommon for a child to tell you where you can find the long-billed kiwis from New Zealand or how you can tell an Asian from an African elephant.

Even more natural in setting is the zoo's sister site: the Wild Animal Park, a 1,800-acre wildlife preserve. Though it's only a half hour north of downtown, it looks just like those *National Geographic* pictures of an African veldt. That's where you can walk the Kilimanjaro Trail or take the Wgasa Bush Line monorail to see ostriches running across the savanna or rhinos butting horns.

There's no place like it on earth, this San Diego County. The proximity of the mountains to the sea makes it possible to skin-dive one day and ski cross country or hike wilderness trails the next. Or you can go up and over the mountains east of the city to discover an oasis in the Anza-Borego Desert.

To the south, you can ride the new trolley into Mexico for jai alai games or Tijuana's famous bullfights. To the north, "where the turf meets the surf," the Del Mar Racetrack is the playground of the rich and famous. To the west is Coronado Island, linked by a bridge and causeway, historic hideaway for the illustrious who have loved its vintage 1888 Hotel del Coronado.

If none of the four geographical directions suit you, you can go back in time to review San Diego's rich history, which starts with California's first mission, San Diego de Alcala, the starting point for Father Junipero Serra's momentous expansion northward. Old Town, the city's original plaza, preserves the Mexican era of San Diego history, while the Gaslamp Quarter downtown recaptures, through restored Victorian architecture, the turn-of-the-century West.

Is all this variety too much to imagine? Too difficult to take in all at once? Then an essential part of the San Diego experience is to go to one of the high spots to see how bays and parks, skyline and coastline all fit cleanly together.

I'm even told that one of the best views, though not a favorite, is afforded prisoners from their volleyball court atop their downtown high-rise prison, but I can't vouch for that one. It just goes to show that to *everyone* in San Diego, being outside is one of the essentials of life.

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Lutherans

continued from page 51

raised-dot system; maintaining 54 of the 85 deaf congregations affiliated with U.S. denominations; the Bible lessons for developmentally disabled persons, published since 1956 and used by many denominations; special Sunday School classes, plus a Parish Advocacy Program of support for families of the retarded; and then, there is television.

Just concluding its 30th year, the half-hour "This Is the Life" program is the longest-running dramatic series in the history of television. The Synod's board of directors launched the project convinced that the *newfangled* medium could capture people's needs in the tradition of the earthy parables the Savior used. Name actors and actresses have worked for "scale" on the series, caught up in the first day's experience of beginning the shooting with prayer.

"This Is the Life" along with "The Lutheran Hour" are today produced by the Missouri Synod's 145,000-member auxiliary organization, known as the International Lutheran Layman's League.

Gus Melde, a building/architectural services contractor in Dallas and former president of the League who now serves on the Synod Board of Directors, says lay involvement in "the church is so typical of our congregations. I hear from people all over who feel it is *their* church. And when they say something like 'Pastor Smith is our pastor,' they aren't thinking that it is *his* church. You can sense that they feel it's their congregation, their way of serving God."

The member's responsibility for congregational leadership has been a distinctive characteristic of the Synod, a word that means "walking together." Missouri Synod practice holds that the pastor is the equipper of the saints. But he might find it difficult locating his slot in a modern-day organizational chart. Power is vested in the voters' assemblies, generally constituted of adults of voting age.

Decision-making in the administration of the Synod is given to the delegates at national and regional conventions that meet every three years. The delegate group is composed equally of lay and pastoral representatives.

Most pastors were educated entirely inside the Synod school system and are classically trained in Hebrew, Greek, Latin and German. But in recent years, an increasing number of college students from outside Synod schools have entered the three seminaries. Mixture of the two backgrounds has been viewed as a beneficial blend for the church.

The involvement of women is high even though they do not occupy clergy positions. They serve as convention delegates and on boards and committees. The number of women serving in full-time ministries as teachers at the elementary through college levels and as deaconesses and social workers approximates 42 percent of total professional church workers.

"... and I want a big red floopzig with krunks, a real live quequit and lots and lots of zuggle."

And, the women of the Lutheran Women's Missionary League of the Synod are actively engaged in supporting projects around the world.

Perhaps the biggest challenge is helping youth to stay close to the church. The Synod feels it is finding the way through a new emphasis that seeks to help youth and adults to minister side-by-side to each other. It is working well enough that plans are being laid to accommodate 10,000 youth and adults at a gathering in San Antonio, Texas, in August 1983 under the theme "Amigos de Cristo."

That motto, "Friends of Christ," brings out another of the LCMS people's concerns: how to integrate millions of unchurched Spanish people. "No church body has done a very good job of this, despite vigorous tries," says Dr. Bohlmann. One of the Synod's best working models at present offers Spanish worship hours for a Hispanic congregation nestled inside an existing English-oriented church. He hopes multilingual videotapes, increased Spanish-literature efforts and Spanish-language radio and television programming will also help.

Black elementary schools and churches have been a part of the Synod for more than 100 years, and in 1981, Dr. Joseph Lavalais of Philadelphia was elected a vice president, the highest post thus far attained in a major Lutheran church by a black. There are more blacks in the Synod than in any of the other Lutheran Churches. In addition, Synod congregations have helped 20,000 Southeast Asians to settle into the American way of life.

The Synod has long given high priority to its ministries of evangelism and outreach. This year alone, 102 new ministries (most of them new congregations) have been started in North America. Right now, the goal of the church body for the decade of the '80s is to add 1,000 new ministries.

In an age when American involvement in world affairs is facing retrenchment, the Synod has committed itself to a broad range of challenges to increase and upgrade foreign-mission activity. It has started new work in a number of African countries since 1980, on its way toward meeting the goal of creating approximately ten new mission fields in this decade.

Unobtrusively, these quiet Lutherans continue, largely off the beaten path, a remarkable entity. The grace of God, the blending of cultures and the commitment to worldwide outreach democracy and the blessings of benign technology have enabled them to carry on an extensive and highly effective ministry.

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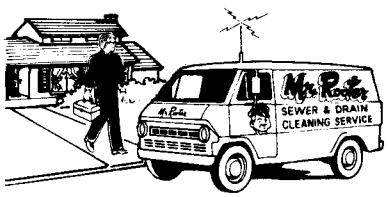

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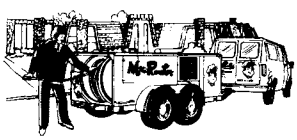

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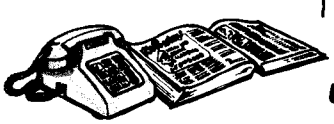

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Black Stallion

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Humane Society Award. "There are times when I feel frustrated," says Corky. "There are some people in the industry that consider animals to be nothing more than props. When you learn to communicate with animals, you find that they are more like people with fur. Each one is a unique individual, and we treat them as such."

For *The Black Stallion Returns,* Corky and Joan not only had to select and train each individual horse, they had to teach the animals to get along with each other. There were four stallions used in the making of the film. Three black stallions—Cass Ole, El Molktar and Diamond Midnight—portrayed the title role. The fourth stallion was a fiery chestnut Arabian named SC Billy Rubin, who was cast as the rival for the Black Stallion.

"Just like people, there are personality conflicts between horses," explains Joan. "The first instinct of a stallion when he gets around another is to kick or bite."

"Now when you've got four of those fellas on the set at one time, you're looking at trouble if they haven't been taught to behave themselves," Corky continues. "The first thing we did is put them all into the round pen with their legs hobbled so they couldn't kick and their mouths tied shut so they couldn't bite. Then, to add insult to injury, we rode an old saddle horse named Pinto Pete in among them and intentionally bumped each one as we passed. At first they would squeal and try to kick old Pete and each other. After doing this for several days they finally gave up and just tried to stay out of the way. Cass Ole and the chestnut still didn't like each other, but they just sort of pouted like schoolboys across the aisle."

After teaching the horses what Corky calls "plain old good manners," the serious training began. Within a matter of weeks, the Randalls taught the horses to buck and rear on cue and to perform difficult dressage maneuvers. What appears on screen to be a pitched battle between a wild horse and man is in reality a performance of perfect harmony and communication.

"When people see a great performance on film, they think that training a horse must be somehow exciting and wonderful," Joan says. "Not a day passes that we don't get a call from someone who wants to come out here to California to work as an apprentice. What they don't know is that training involves endless hours of repetition and months of preparation for what will end up being just a few moments on the screen."

"Won't need the pillow."

In addition to the stallions, Corky and Joan had one other horse to train for the film. The script called for the Black Stallion to find a delicate white Arabian mare as his mate. Using an actual mare for the shooting was out of the question. The search was on for a fine-boned gelding that could easily pass for a mare. Finally, the Randalls settled on a gelding named Talishma from the Ginsburg Desert Wind Arabians. "We call him T-Bone around here," Corky smiles. "He's a pretty little horse, and I think it's going to take an expert to figure out that he's not a mare. I guess this is a prime example of what we call the world of illusion!"

Working T-Bone and El Molktar in the arena, Corky taught them to react to his voice and whip cues and to move as one at his command. Once on location in Morocco, their scene together was scheduled for the final week of shooting.

"We used El Molktar in nearly every race scene. He was an 11-year-old Arabian with quite a heart. He really loved to stretch out and run like the wind," Corky recalls.

With only two weeks left in the filming, tragedy struck. El Molktar died of a twisted intestine. "It really shook us all," says Joan. "Corky especially loved the horse, and Kelly Reno, the boy that plays Alec in the movie, wrote a moving story for the cast paper about losing his friend. And after you have worked with them and come to love them, that's exactly how you feel. You have lost a friend."

Even with the personal feelings of loss at the death of El Molktar, Corky and Joan had to think about the next scene. "We decided to use Cass Ole in the scene with Talishma," Corky says. "I had no idea how it would turn out. The location was a half-day's ride back into the mountains, and when we got there, I figured the horses would be tired and maybe not up to their usual performance. We filmed them running and playing together in a wide, open valley. If they got too far away from the camera, I would call Cass and direct them back with the whips. Little T-Bone had been trained to stay right with that big black horse, and he knew if he didn't he'd be in trouble. It turned out to be a beautiful, free-moving scene; maybe not what it would have been if we hadn't lost El Molktar, but I'm anxious to see it on film."

When the filming ended, the Randalls returned home with thanks from the director. There was not one script requirement that the horses did not perform. The new movie release will be in March of 1983, and word is that it will be another critical success. A good story, beautiful horses, h-a-r-d w-o-r-k and a touch of "Randall Magic" will do it every time.

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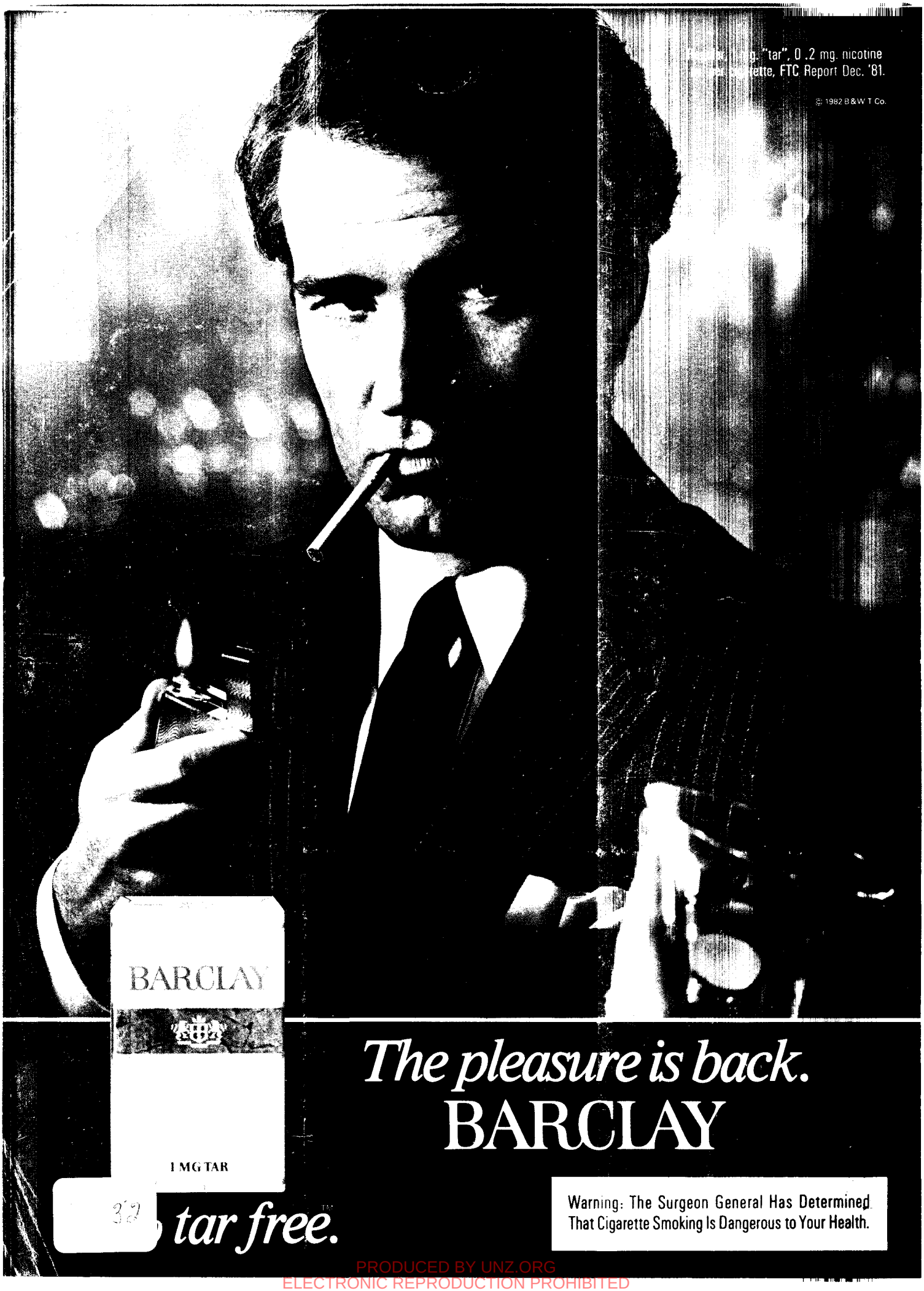
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